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VIDEO GUIDE · UNIT 1 · TOPIC 1.5

Sleep and Dreams

Watch the lesson

Name _____ Class _____ Date _____

NOTES: FILL IN THE BLANKS WHILE YOU WATCH

Why we sleep

1. _____ : during sleep, the body repairs tissues, supports the immune system, and restores resources for the next day.
2. _____ : sleep stabilizes and strengthens newly formed memories so they're more likely to last.

Why we dream

3. During sleep, especially _____ , the brain produces spontaneous neural activity.
4. _____ : dreams are the brain's attempt to synthesize this random activity into a story, so a bizarre dream needn't have hidden meaning.
5. _____ : dreaming is connected to memory _____ , as the brain processes our experiences, so pieces of our waking lives appear in dreams.

CHECK YOUR UNDERSTANDING

1. A student who has slept poorly for weeks keeps catching colds. Which explanation of why we sleep best accounts for this?

(A) Memory consolidation

(B) Restoration

(C) Activation-synthesis theory

(D) Consolidation theory

2. A researcher wakes sleepers during REM sleep and records their dream reports. Which result would best support activation-synthesis theory over consolidation theory?

(A) Dreams often include people the sleeper saw the previous day

(B) Dreams often feature the sleeper's current worries

(C) Dream reports are longer after nights of more sleep

(D) Dreams often combine unrelated images that don't connect to the sleeper's recent experiences

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3. After a week of studying for finals, a student dreams about her textbook and her teacher. How would the two dream theories explain this dream?

(A) Activation-synthesis: her brain was processing her recent experiences; consolidation theory: her brain was making sense of random activity

(B) Activation-synthesis: her body was restoring resources; consolidation theory: her brain was strengthening memories

(C) Activation-synthesis: her brain wove random neural activity into a story; consolidation theory: her brain was processing her recent experiences

(D) Both theories: the dream has a hidden meaning about her fear of failing

NOTES

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