

NOVA: What Are Dreams?

Directions: Answer the questions below in your notes as you watch the documentary

1. Who is the scientist most associated with dreams?
2. In what year were the first brain waves associated with sleep recorded?
3. List three characteristics of REM sleep.
4. What does REM sleep disorder prevent?
5. What is the only way for a researcher to ensure that a subject was actually dreaming? (In other words, what did they do to Ross?)
6. How do the emotions of subjects awakened after a dream during NREM sleep differ from those awakened after a dream in REM sleep? What brain structure is most likely involved in this?
7. What does Dr. Robert Stickgold think NREM dreams may do for us?
8. What does Dr. Matt Wilson believe the rats in his study are doing while dreaming?
9. Give two examples of past accomplishments that Deirdre Barrett believes dreams were responsible for.
10. What happened to the word game scores of subjects who were allowed to go through REM sleep during their nap? How do their scores compare to other subjects who did not go through a cycle of REM sleep? What does this tell us about the possible function of dreams?
11. Why does Antti Revonsuo believe our nightmares are good for us?
12. What are some of the consequences of not dreaming? (Think of the stroke victims with damage to their parietal lobes.)
13. According to Antonio Zadra's work, what percentage of dreams involve unhappy events?
14. At the end of the film, the narrator summarizes that dreams may be all of the following:
 - a. A critical tool that helps us _____
 - b. A key to _____, even survival.
 - c. A window into our _____
 - d. Getting us ready to face the coming _____