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| **PBS: NOVA: WHAT ARE DREAMS?**  |

1. Who is the psychologist most associated with dreams?
2. In what year was science finally able to get a look at the sleeping brain?
3. List several characteristics of REM sleep that scientists have observed.
4. What does it seem that cats dream about (based on studies where scientists disabled the part of the brain responsible for paralyzing muscles during REM sleep)?
5. Explain what REM sleep behavior disorder is.
6. What was the theory proposed by Allan Hobson and Robert McCarley?
7. About how many times do we go through the sleep cycle each night?
8. Why might we have more negative emotions during REM sleep?
9. Based on his studies, what does Robert Stickgold believe dreaming does for memory?
10. How are REM dreams different from NREM “dreams”?
11. What ideas/inventions are said to have come to people in their dreams?
12. According to research, which type of sleep helps people to be more creative?
13. How might one try to harness the creative power of dreams?
14. How might nightmares be helpful to us?
15. Which lobe, if damaged, can cause us to no longer have dreams?
16. What is sleep like for non-dreaming patients?
17. How do the Attikamek people view dreams?
18. Why is Antonio Zadra not surprised when the middle-aged man he had studied winds up divorcing?
19. Only \_\_\_\_\_\_% of women’s dreams about sex involve their partners, while men couple faithfully in their dreams only \_\_\_\_\_\_\_ out of 7 times (about 14%).
20. What three things does science ultimately tell us about our dreams?