



**In 1937 it was found that the brain is very active with the BRAIN WAVES changing during the sleep cycle.**

- 8. Ernest Hartmann says sleep has a \_\_\_\_\_ function involving restoration of the brain processes and putting together new material with old material, making connections.**
- a. symbolic      b. lucid      c. restorative      d. regenerative

**“Sleep...knits up the raveled sleeve of care.” —William Shakespeare**

- 9. Every 90 min., during \_\_\_\_\_ sleep, we dream, for about 2 ½ hrs. each night.**



- 10. What do dreams mean? Freud said dreams are significant because they reveal deep secrets---many of them sexual---- in the \_\_\_\_\_ mind.**
- a. conscious  
b. subrosa  
c. unconscious  
d. none of these



Robert McCarley

**11. McCarley and Hobson say that the brain turns off and on, with meaning built into the dream, not intrinsically part of the dream.**

The idea that during sleep, an automatic activation system in the brain produces a series of random electrical discharges that the sleeper roughly ties together by creating a storyline is known as:

- a. Freudian dream theory  
b. the activation synthesis theory of dreams  
c. Tangerine Dream  
d. none of the above



**12. According to Stephen LaBerge, why don't we act out our dreams?**

- a. your muscles are paralyzed during sleep  
b. your heart rate is held down by the parasympathetic nervous system  
c.. both of these are correct

**13. Dr. LaBerge says that when you are sleeping, the state of being consciously aware that you are dreaming is known as:**

- a. REM dreaming  
b. symbolic dreaming  
c. lucid dreaming  
d. none of these

**14. Zimbardo says, other mind-altering experiences of our consciousness include:**

- a. psychoactive drug use  
b. hypnosis  
c. multiple personality  
d. all of these