

+dreaming of ashley+ The Science of Dreaming The Neurocognitive Theory of Dreaming UCSC Sleep and Dreaming Semel Institute.

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Lucid dreaming is characterized by a mixture of brain wave EEG features of REM sleep and waking and many of the physiological characteristics of REM sleep eye movements increases in respiration heart rate and skin potential As to the how of dreaming the primary cognitive process that produces dreaming is simulation

Simulation is a type of thinking that places a person in imagined hypothetical situations. These imagined situations are often used to compare various possible alternative outcomes The discovery of a relationship between REM sleep and dreaming was a major impetus for modern sleep research

However we now know that REM sleep is not necessary for dreaming that dreaming can also occur during non REM sleep and that dream like experiences can be elicited during quiet wakefulness While the how and why of dreaming may be explored using physiological and biological methods dreaming is also a subjective experience involving a form of mentation that can offer representations of an individual's internal world Abstract Several theories claim that dreaming is a random by product of REM sleep physiology and that it does not serve any natural function

Phenomenal dream content however is not as disorganized as such views imply Research Directions Sleep Psychology welcomes submissions that will help advance our understanding of how dreaming relates to the brain and mental functioning including neuroplasticity cognition consciousness and mental health Dreaming is a form of mental functioning

It is one end of a continuum of mental functioning which runs from focused waking thought at one end through reverie and daydreaming to dreaming at the other end. Dreaming is hyperconnective.

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