

Goals for today

1. Do dreams have meaning?
2. Does Freudian dream theory fit with modern neurobiology of sleep?

Interpretation of Dreams (Freud, 1900)

What is the purpose of dreams?

Wish fulfillment

Day residue

latent content

manifest content.

Why are things disguised one day and not the next?

How do you uncover the “latent content”?

Some cautions

Some problems

Problems from within psych.

The Big Problem from the study of the physiology of sleep

What is REM sleep for?

What happens if you are REM deprived?

Can we reconcile Freud with the biology of dreams?

The New Psychology of Dreaming. by Richard M Jones. Pelican 1978

What is the hypothesis?

Maybe a few words about MIT culture as a sleep disaster.

How do you get a good night's sleep?

How do you stay asleep for 8 hours?

How do you do sleep research?

Will I make my flight to Kansas City?