

Sleep And Dreaming Gray Matter



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The neocortex does not respond to the bizarre and illogical quality of the dream. These findings are tentative and still controversial. They represent the vanguard of research that uses the newest technology to determine the real purpose of sleep and dreaming. So far, we have concentrated on the biology of sleep and dreams.

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Describes the complex brain activity that causes dream formation during the physical state of sleep, and discusses topics including psychoanalytic theories, gender differences in dreams, and sleep disorders such as narcolepsy.

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Gray Matter is a series of 10 books about the brain put out by Chelsea House Publishers. This is the only book in the series devoted to sleep and dreams written by youth clinical psychologist Marvin Rosen. Although the Gray Matter series is aimed for readers in their early teens, the concise explanations and large print will be appreciated by adults.

Dreaming of Peter: "Gray Matter: Sleep and Dreaming"; By ...

A new study of Gulf War veterans found an association between poor sleep quality and reduced gray matter volume in the brain's frontal lobe, which helps control important processes such as working ...

Poor sleep quality linked to reduced brain gray matter in ...

Share Bright eyes, clean brains: sleep might scrub away gray matter waste. share tweet LinkedIn Reddit Pocket Flipboard Email. human brain. It's long been known that sleep, much like eating or ...

Bright eyes, clean brains: sleep might scrub away gray ...

To investigate differences in brain gray matter concentrations or volumes in patients with obstructive sleep apnea syndrome (OSA) and healthy volunteers. The mean apnea-hypopnea index (AHI) of patients was 52.5/h. On visual inspection of MRI, no structural abnormalities were observed. Compared to ...

Reduced Brain Gray Matter Concentration in Patients With ...

Clinical depression is often associated with brain changes, especially in patients obstructive sleep apnea. I have some bad news and some very good news. I think you want me to start with the bad news: There are studies that evaluate gray matter, white matter and cerebrospinal fluid (CSF) volumes in the brains of obstructive sleep apnea patients.

Sleep apnea's effect on the white matter of your brain

Lucid dreaming is a very interesting phenomenon that perhaps gives us a peek into the inner

workings of the human brain. I have had about a dozen lucid dreams in my life that I can remember. Normally while dreaming we are not aware of the fact that we are dreaming. Our dreaming selves accept the reality of the dream. During a lucid dream we become aware that we are dreaming, but we do not wake up.

The Brains of Lucid Dreamers | NeuroLogica Blog

Lucid dreaming is a state of awareness that one is dreaming, without leaving the sleep state. Dream reports show that self-reflection and volitional control are more pronounced in lucid compared with nonlucid dreams. Mostly on these grounds, lucid dreaming has been associated with metacognition. However, the link to lucid dreaming at the neural level has not yet been explored.

Metacognitive Mechanisms Underlying Lucid Dreaming ...

Dreams are images, ideas, emotions and sensations that occur involuntarily in the mind during sleep. They can last from as little as a few seconds to as long as 20 minutes, and the average person has at least three to five, and often many more, dreams a night (dreams typically occupy a total of about two hours of a normal night's sleep). Unfortunately, no-one has ever been able come up with a ...

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