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| **Topic area: Dreaming** | DONE | EOTT RAG | REVISION CHECKLIST RAG |
| Understand the functions, features and benefits of sleep, including:  a. the four sleep stages |  |  |  |
| Understand the functions, features and benefits of sleep, including:  b. rapid eye movement (REM) sleep |  |  |  |
| Understand the functions, features and benefits of sleep, including:  c. the sleep cycle |  |  |  |
| Understand the internal and external influences on sleep, including  strengths and weaknesses of sleep cycle explanations:  a. bodily rhythms, to include circadian and ultradian rhythms |  |  |  |
| Understand the internal and external influences on sleep, including  strengths and weaknesses of sleep cycle explanations:  b. hormones, to include pineal gland and melatonin |  |  |  |
| Understand the internal and external influences on sleep, including  strengths and weaknesses of sleep cycle explanations:  c. zeitgebers, to include light |  |  |  |
| Understand symptoms and explanations of sleep disorders, including:  a. insomnia |  |  |  |
| Understand symptoms and explanations of sleep disorders, including:  b. narcolepsy |  |  |  |
| Understand the Freudian theory of dreaming (Freud, 1900), including;  a. manifest content  b. latent content  c. dreamwork |  |  |  |
| Understand the Freudian theory of dreaming (Freud, 1900), including  Strengths and weaknesses of the theory. |  |  |  |
| Understand activation synthesis theory (Hobson and McCarley, 1977),  including:  a. random activation  b. sensory blockade  c. movement inhibition |  |  |  |
| Understand activation synthesis theory (Hobson and McCarley, 1977), including strengths and weaknesses of the theory. |  |  |  |
| Study One  Freud (1909) Little Hans: analysis of a phobia in a five-year-old boy. |  |  |  |
| Study Two  Siffre (1975) Six months alone in a cave. |  |  |  |