

Understanding Biological explanations for dreaming – Activation Synthesis

Functions and Features of Sleep

Understanding Freud's Theory of Dreaming

Sleep Disorder 1 – Narcolepsy

**Sleep and
Dreaming – why do
we need to sleep
and dream?**

Sleep Disorder 2 – Insomnia

Study 1: Siffre (1975) Six months alone in a cave

Internal and External Influences on Sleep

Study 2: Freud (1909) Little Hans