

# Contents

<b>1</b>	<b>A Visit to a Sleep and Dreams Lab . . . . .</b>	<b>1</b>
<b>Part I Sleep and Sleeping</b>		
<b>2</b>	<b>What is Sleep and How it is Scientifically Measured . . . . .</b>	<b>17</b>
<b>3</b>	<b>The Need to Sleep . . . . .</b>	<b>39</b>
<b>4</b>	<b>Normal Variations of Sleep. . . . .</b>	<b>67</b>
<b>Part II What Causes Us to Sleep?</b>		
<b>5</b>	<b>The Brain in Sleep . . . . .</b>	<b>95</b>
<b>6</b>	<b>The Body During Sleep. . . . .</b>	<b>117</b>
<b>Part III Dreams and Dreaming</b>		
<b>7</b>	<b>Dreams . . . . .</b>	<b>143</b>
<b>8</b>	<b>Dreaming . . . . .</b>	<b>171</b>
<b>9</b>	<b>Modern Theories of Dreams and Dreaming. . . . .</b>	<b>199</b>

**Part IV Why We Sleep and Dream**

**10 Functions of Sleep and NREMS . . . . . 231**

**11 The Functions of REMS and Dreaming. . . . . 261**

**Part V Problems with Sleeping and Dreaming**

**12 Some Difficulties That People May Have with Sleep. . . . . 293**

**13 Disorders of Sleep . . . . . 323**

**Epilogue . . . . . 353**

**About the Author . . . . . 359**

**Index . . . . . 361**



<http://www.springer.com/978-1-4614-6466-2>

Understanding Sleep and Dreaming

Moorcroft, W.H.

2013, XIV, 369 p., Hardcover

ISBN: 978-1-4614-6466-2