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'Dream consciousness' describes how modern sleep science has contributed to the dramatic progress of the last decade in understanding the brain basis of consciousness, and how that understanding has caused us to shift our model of dreaming in the direction of altered states of consciousness that have been recognised since the 1960s.

Dreaming A Very Short Introduction

1. What is dreaming? - Very Short Introductions

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Firstly, dreaming and other states of consciousness are related to changes in the level of brain activation. Secondly, that, independent of activation, the brain opens and closes its gates of sensory input and motor output.

Dreaming: A Very Short Introduction J. Allan Hobson Very Short Introductions. Looks at the new scientific facts about dreaming and possible answers to long-held questions about the activation, function, and interpretation of dreams; Relates the science of dreaming and sleep to their interpretation in history and in psychoanalysis

'A short introduction to the science of dreaming that examines succinctly questions about the function, activation and interpretation of dreams as well as investigating the relationships between dreaming, learning, memory and consciousness.

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This Very Short Introduction addresses the biological and psychological aspects of sleep, providing a basic understanding of what sleep is and how it is measured, looking at sleep through the human lifespan and the causes and consequences of major sleep disorders.

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The "A Very Short Introduction" (VSI) series from Oxford University Press offers this type of guide for many subjects. They're usually about 100 pages long, and give a quick and gritty rundown of the subject at hand. This book is organized into eleven chapters covering: What is dreaming?

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Dreams as a function of brain activity during sleep is the central thesis of this short sharp intro to the subject. An informative & good humoured, if pleasantly dull work.

Dreaming: A Very Short Introduction provides an increasingly complete picture of how dreaming is created by the brain. It explores how the new science of dreaming is affecting psychoanalysis theories and how it is helping our understanding of the causes of mental illness.

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