

Sleep and Dream Webquest
Psychology

Name _____

Part I: SLEEP TIPS. Go to <http://www.sleepnet.com/tips.html> and answer the following questions in COMPLETE SENTENCES:

1. What should you do if you have been laying in bed for a half hour and still haven't fallen asleep?
2. What are TWO (2) problems associated with drinking alcohol before going to bed?
3. What are TWO (2) problems associated with drinking caffeine or using other stimulants before going to bed?
4. Many people incur a sleep debt by not getting enough sleep during the week. Then, during the weekend, they try to pay off this debt by sleeping in on Saturday and Sunday. What is one concern about this?

Part II: SLEEP TEST. Go to <http://www.sleepnet.com/sleptest.html> and take the sleep test. When you are finished, click "CALCULATE SCORE." What do your results say about you? Answer in COMPLETE SENTENCES.

Part III: DREAM SYMBOLS. Go to <http://www.dreamdoctor.com/dream-dictionary/dream-dictionary.html> and answer the following questions in COMPLETE SENTENCES:

REMEMBER: THERE IS NO RESEARCH TO SUPPORT DREAM INTERPRETATION!!!

1. What does a dream involving a **monster** signify?
2. What does a dream involving a **bridge** signify?
3. If you are **naked** in a dream, what does that mean?
4. Pick any other two (2) topics from the list that are of interest to you (AND ARE APPROPRIATE) and indicate below what their meanings are.

Part IV: DREAM INTERPRETATION.

1. First, describe a vivid dream that you can remember from your past. It should be vivid enough that you can write 2-3 COMPLETE SENTENCES below to describe it.
2. Using <http://www.dreamdoctor.com/dream-dictionary/dream-dictionary.html> attempt to interpret your dream above in 2-3 COMPLETE SENTENCES.

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Part V: REFLECTION. Answer the following questions below in COMPLETE SENTENCES.

1. This webquest was designed to help you learn a bit more about Sigmund Freud’s “Wish Fulfillment Theory” of dreaming in which he believes dreams have **manifest** and **latent** content. Including this theory and the other four dream theories talked about in class, which one do you believe is the most valid? Why?

Part VI: APPLICATION. 14-year-old Ezekial has the following dream the night before his first day of high school. After reading his dream, attempt to interpret/describe why Ezekial is having that dream using theories discussed below in COMPLETE SENTENCES.

Ezekial’s dream: *“I dreamt that I showed up for my first day of high school and I had no idea where to go. I was lost and I kept looking at my watch, realizing I was already late. Whenever I would ask for directions to my class, people would just laugh at me. Then, suddenly I was naked and people were laughing even more. I started crying and went home where my mom told me I was a failure and that I’d never amount to anything if I couldn’t even get to school on time. I woke up shaking and trembling because it felt so real.”*

1. How would the Information-Processing theory explain this dream?
2. How would the Activation-Synthesis theory explain this dream?

On a scale of 1-10 (1 being “a waste of time” and 10 being “very insightful”), how would you rate this webquest? _____