

# Dreaming Cognition

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## **Dreaming Cognition**

Cognitive Theory of Dreaming Explained. Calvin Hall developed the cognitive theory of dreaming before the discovery of REM sleep. Before this theory, the ideas of dreaming often involved wishful thinking rather than scientific analysis. For Hall, a dream was more about the brain using visual concepts to process information instead of trying to cover up something shameful or a regret.

## **Cognitive Theory of Dreaming Explained - HRF**

In dreams there is a reduction or absence of self-reflection or other forms of meta-cognition relative to during waking life. Dreams are also characterized by a lack of "orientational stability; persons, times, and places are fused, plastic, incongruous and discontinuous", [9]

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## **Cognitive neuroscience of dreams - Wikipedia**

Dreams Images are the Embodiment of Thought. Central to Hall's cognitive theory is that dreams are thoughts displayed in the mind's private theater as visual concepts. Like Jung, Hall dismissed the Freudian notion that dreams are trying to cover something up.

## **The Cognitive Theory of Dreams | dream studies portal**

At the phenomenological level, both dreams and waking cognition contain a mixture of spontaneously arising thoughts, memories, and concerns. Subsequently, during both dreaming and wakefulness, memories combine spontaneously to provide the basis for novel imagined scenarios.

## **Dreaming and Waking Cognition**

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### **Dreaming Cognition**

The content of dreams, namely dreams with negative emotions, seems to significantly predict long-term cognitive decline in people with Parkinson's disease, a recent longitudinal study suggests. The association was independent of factors known to impact dream content and cognitive impairment in these patients, its researchers noted.

### **Some Dreams Can Predict Long-term Cognitive Decline in**

...

Evidence of reflective awareness and metacognitive monitoring during REM sleep dreaming poses a significant challenge to the

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commonly held view of dream cognition as necessarily deficient relative to waking cognition. To date, dream metacognition has not received the theoretical or experimental attention it deserves. As a result, discussions of dream cognition have been underrepresented in theoretical accounts of consciousness.

### **Lucid Dreaming as Metacognition: Implications for ...**

Metacognition is the ability to reflect on and report one's own mental states (Schooler, 2002). Unlike diverse cognitive processes during wakefulness, dreaming is not generally accessible to metacognitive monitoring (Windt and Metzinger, 2007). Rapid eye movement (REM) sleep is the sleep stage most strongly associated with dream mentation.

### **Metacognitive Mechanisms Underlying Lucid Dreaming ...**

A precognitive dream is defined as a dream that exhibits knowledge about the future that the dreamer could not have

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obtained via any normal channels. The most extensive studies on precognition in...

### **Precognitive Dreams | Psychology Today**

The point of the practice of lucid dreaming is to enter into the “dream-mode” of consciousness without letting oneself lose the type of conscious voluntary attention characteristic of wakeful...

### **Consciousness and Dreams | Psychology Today**

Researchers now believe that dreams help us process emotions, consolidate memories, and more. Sometimes dreams make a lot of sense -- like when we've been working hard and we end up dreaming ...

### **The Health Benefits of Dreams - WebMD**

Specifically, activation can be examined in forebrain areas that are more likely to be informative for a cognitive theory of

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dreaming, and are claimed to selectively influence dreaming without affecting REM sleep (Solms, 2000). This is not to say that we are unconscious outside of REM while sleeping and that NREM dreams are not also of potential interest, rather, it is argued that the type of consciousness that mostly occurs during REM sleep is of special interest and represents a ...

### **The Role of Dreams in the Evolution of the Human Mind**

...

The behavioral approach to dreaming describes the psychological process of dreaming as a result of the environment and stimuli that a person experiences. Research has been done to suggest that their content can be influenced by introducing certain stimuli prior to a person going to sleep (Dixon, M. & Hayes, L. 1999).

### **The Psychology of Dreams - Owlcation - Education**

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Precognitive Dreaming and Psychic Powers Precognitive dreams are associated with psychic abilities. Supposedly, individuals who possess psychic powers have prophetic dreams, and precognitive experiences are a form of psychic dreaming.

### **Precognitive Dreams: Unlocking the Doors of Mystery ...**

The cognitive revolution set off a research boom into a variety of long-neglected topics dealing with subjective experience during wakefulness, yet conscious experience during sleep and dreaming have not been targets of a comparable research surge.

### **Frontiers | Dreaming, waking conscious experience, and the ...**

In fact, there's several kinds of spectra, from volition (dream control) to self-awareness ("I'm dreaming") to emotional meta-cognition markers ("I am angry: I wonder why.") Voss's and Hobson's definition of lucid dreaming is too general to get a



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sense for what particular aspect of self-awareness is amplified during lucid dreams.

### **Lucid Dreaming: a Hybrid of REM and Waking Cognition**

...

Most recently, developments in the cognitive neuroscience of memory have led to a new brain-based framework for understanding dreaming, in which dream experience is viewed as one of several forms of spontaneous offline cognition involving the reactivation and processing of memory during resting states.

### **Dreaming and Offline Memory Processing**

REM Sleep and the Rehearsal of Embodied Cognition. "A New Measure of Hallucinatory States and a Discussion of REM Sleep Dreaming as a Virtual Laboratory for the Rehearsal of Embodied Cognition". "This leads us to introduce the hypothesis that REM

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sleep, which exhibits remarkably high levels of (simulated) sensorimotor processes, may have evolved to serve as a virtual laboratory for the development and rehearsal of embodied cognition.”.

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