



Dreaming: An Introduction to the Science of Sleep

By J. Allan Hobson

[Download now](#)

[Read Online](#) 

Dreaming: An Introduction to the Science of Sleep By J. Allan Hobson

What is dreaming? Why are dreams so strange and why are they so hard to remember? In this fascinating book, Harvard researcher Allan Hobson offers an intriguing look at our nightly odyssey through the illusory world of dreams. Hobson describes how the theory of dreaming has advanced dramatically over the past fifty years, sparked by the use of EEGs in the 1950s and by recent innovations in brain imaging. We have learned for instance that, in dreaming, some areas of the brain are very active--the visual and auditory centers, for instance--while others are completely shut down, including the centers for self-awareness, logic, and memory. Thus we can have visually vivid dreams, but be utterly unaware that the sequence of events or locales may be bizarre and, quite often, impossible. And because the memory center is inactive, we don't remember the dream at all, unless we wake up while it is in progress. Hobson also shows that modern research has disproved most of Freud's *The Interpretation of Dreams* (as one scientist put it, "Freud was 50% right and 100% wrong"), but we have gained new insight into the nature of mental illness. The book also discusses dream disorders (nightmares, night terrors, sleep walking), the possible link between dreaming and the regulation of body temperature, the effects of sleep deprivation, and much more.

With special boxed features that highlight intriguing questions--Do we dream in color? (yes), Do animals dream? (probably), Do men and women dream differently? (no)--*Dreaming* offers a cutting-edge account of the most mysterious area of our mental life.

 [Download Dreaming: An Introduction to the Science of Sleep ...pdf](#)

 [Read Online Dreaming: An Introduction to the Science of Slee ...pdf](#)

Dreaming: An Introduction to the Science of Sleep

By J. Allan Hobson

Dreaming: An Introduction to the Science of Sleep By J. Allan Hobson

What is dreaming? Why are dreams so strange and why are they so hard to remember? In this fascinating book, Harvard researcher Allan Hobson offers an intriguing look at our nightly odyssey through the illusory world of dreams.

Hobson describes how the theory of dreaming has advanced dramatically over the past fifty years, sparked by the use of EEGs in the 1950s and by recent innovations in brain imaging. We have learned for instance that, in dreaming, some areas of the brain are very active--the visual and auditory centers, for instance--while others are completely shut down, including the centers for self-awareness, logic, and memory. Thus we can have visually vivid dreams, but be utterly unaware that the sequence of events or locales may be bizarre and, quite often, impossible. And because the memory center is inactive, we don't remember the dream at all, unless we wake up while it is in progress. Hobson also shows that modern research has disproved most of Freud's *The Interpretation of Dreams* (as one scientist put it, "Freud was 50% right and 100% wrong"), but we have gained new insight into the nature of mental illness. The book also discusses dream disorders (nightmares, night terrors, sleep walking), the possible link between dreaming and the regulation of body temperature, the effects of sleep deprivation, and much more.

With special boxed features that highlight intriguing questions--Do we dream in color? (yes), Do animals dream? (probably), Do men and women dream differently? (no)--*Dreaming* offers a cutting-edge account of the most mysterious area of our mental life.

Dreaming: An Introduction to the Science of Sleep By J. Allan Hobson Bibliography

- Sales Rank: #1007399 in Books
- Published on: 2003-01-16
- Original language: English
- Number of items: 1
- Dimensions: 5.50" h x .90" w x 7.90" l,
- Binding: Hardcover
- 184 pages



[Download Dreaming: An Introduction to the Science of Sleep ...pdf](#)



[Read Online Dreaming: An Introduction to the Science of Slee ...pdf](#)

Download and Read Free Online Dreaming: An Introduction to the Science of Sleep By J. Allan Hobson

Editorial Review

From [Booklist](#)

People have always been intrigued by the contents of dreams, seeking to interpret their meaning as either divine messages or the coded communiques of repressed desires, a la Freud, but what about the formal features of dreams, asks Harvard psychiatry professor and sleep expert Hobson. Dreams have specific perceptual, cognitive, and emotional qualities that set them apart from waking consciousness--loss of awareness of self, loss of orientation, loss of directed thought, reduction in logical reasoning, and poor memory--that correspond, as it turns out, to specific modes of brain activity. As Hobson meticulously matches dream features to brain chemistry, he cajoles readers into replacing mystical interpretations with an understanding of the evidence indicating that our precious dreams are the results of the brain's routine processing of an overwhelming amount of memory. Initially this perspective may seem reductively mechanical, but Hobson, who quotes extensively from his own 116-volume dream journal, doesn't deny that dreams offer clues to the psyche, and the complex workings of the brain are every bit as entrancing as the most dazzling of dreams. *Donna Seaman*

Copyright © American Library Association. All rights reserved

Review

"A cool outline of modern knowledge about dreams...and an explanation of what is really happening in our brains when we dream.... Throughout he uses his own dreams, recorded over many years, as examples while showing how the science of sleep has evolved over the past 50 years. Along the way, Freud takes a battering."--*New Scientist*

"As Hobson meticulously matches dream features to brain chemistry, he cajoles readers into replacing mystical interpretations with an understanding of the evidence indicating that our precious dreams are the results of the brain's routine processing of an overwhelming amount of memory. Initially this perspective may seem reductively mechanical, but Hobson, who quotes extensively from his own 116-volume dream journal, doesn't deny that dreams offer clues to the psyche, and the complex workings of the brain are every bit as entrancing as the most dazzling of dreams."--*Booklist*

About the Author

J. Allan Hobson is Director of the Neurophysiology and Sleep Laboratory and Professor of Psychiatry at Harvard Medical School. Widely considered the world's leading expert on sleep research, he is the author of *The Dreaming Brain, The Chemistry of Conscious States, Sleep, Dreaming as Delirium: How the Brain Goes Out of Its Mind*, and *Consciousness*.

Users Review

From reader reviews:

Ned Aguayo:

The book Dreaming: An Introduction to the Science of Sleep can give more knowledge and also the precise product information about everything you want. Why then must we leave the great thing like a book Dreaming: An Introduction to the Science of Sleep? Several of you have a different opinion about publication. But one aim which book can give many data for us. It is absolutely right. Right now, try to closer along with your book. Knowledge or information that you take for that, you are able to give for each other; you are able to share all of these. Book Dreaming: An Introduction to the Science of Sleep has simple shape nevertheless, you know: it has great and massive function for you. You can seem the enormous world by open up and read a reserve. So it is very wonderful.

Douglas Henry:

Nowadays reading books be than want or need but also become a life style. This reading addiction give you lot of advantages. Associate programs you got of course the knowledge even the information inside the book which improve your knowledge and information. The details you get based on what kind of guide you read, if you want send more knowledge just go with training books but if you want experience happy read one having theme for entertaining such as comic or novel. Often the Dreaming: An Introduction to the Science of Sleep is kind of reserve which is giving the reader erratic experience.

Travis Berry:

The particular book Dreaming: An Introduction to the Science of Sleep has a lot of information on it. So when you check out this book you can get a lot of advantage. The book was published by the very famous author. This articles author makes some research prior to write this book. That book very easy to read you can find the point easily after perusing this book.

Seth Sutherland:

Beside that Dreaming: An Introduction to the Science of Sleep in your phone, it can give you a way to get closer to the new knowledge or info. The information and the knowledge you can got here is fresh in the oven so don't possibly be worry if you feel like an previous people live in narrow commune. It is good thing to have Dreaming: An Introduction to the Science of Sleep because this book offers to your account readable information. Do you occasionally have book but you would not get what it's exactly about. Oh come on, that won't happen if you have this in the hand. The Enjoyable option here cannot be questionable, like treasuring beautiful island. Techniques you still want to miss that? Find this book along with read it from currently!

Download and Read Online Dreaming: An Introduction to the Science of Sleep By J. Allan Hobson #VKU5H0MOC3Z

Read Dreaming: An Introduction to the Science of Sleep By J. Allan Hobson for online ebook

Dreaming: An Introduction to the Science of Sleep By J. Allan Hobson Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Dreaming: An Introduction to the Science of Sleep By J. Allan Hobson books to read online.

Online Dreaming: An Introduction to the Science of Sleep By J. Allan Hobson ebook PDF download

Dreaming: An Introduction to the Science of Sleep By J. Allan Hobson Doc

Dreaming: An Introduction to the Science of Sleep By J. Allan Hobson MobiPocket

Dreaming: An Introduction to the Science of Sleep By J. Allan Hobson EPub