

Processamento cognitivo durante o sono: Psicofisiologia e Neurofisiologia dos Sonhos

Results:

Project results can be summarized as follows:

- 1) The contents of REM and NREM dreams were different. REM reports were longer and more vivid than NREM reports. The visual, emotional and motor components were higher in REM reports, while abstract thoughts were commoner in NREM reports. The reports grammatical composition was also different: REM reports had significantly higher percentages of nouns, verbs and adjectives.
- 2) The dream contents varied across successive sleep cycles: dreams in the beginning of the night had higher diurnal residuals related with daily activities, when compared with those in the end of the sleep episode.
- 3) The contents of dream reports of normal subjects were significantly correlated with spectral contents of the Electroencephalogram (EEG) measured in derivation C4.
- 4) Emotional contents were correlated with a decrease in low EEG frequencies in the theta and delta bands, while abstract thoughts were positively correlated with them.
- 5) Furthermore abstract thoughts were described with less words in contrast with dreams presenting higher emotional contents

Project conclusions:

The positive correlations observed between dream contents and EEG frequency components in normal subjects represent an important initial step within the psycho and neurophysiological evaluation of dreams

Published Works:

Master Thesis – “Análise Psiconeurofisiológica dos Sonhos” Dr. Erica Guimarães Master of Science degree in Biophysics

Researchers’s Contacts:

Teresa Paiva
Lab. EEG/Sono – Centro de Estudos Egas Moniz
Faculdade de Medicina de Lisboa
Hospital de Santa Maria
1600 Lisboa
Portugal
Phone: +351 217990610
Fax: +351 217805642
e-mail: teresapaiva@netcabo.pt