

Investigation comportementale et Neurophysiologie du contenu et de la fréquence de souvenir de rêve - TABLE OF CONTENT

RÉSUMÉ	6
ABSTRACT	7
TABLE OF CONTENT	8
LIST OF PUBLICATIONS	10
LIST OF ACRONYMS	11
FIGURES AND TABLES	12
ACKNOWLEDGMENTS	13
GENERAL INTRODUCTION	14
I. THE SCIENCE OF SLEEP AND DREAMS	17
I. 1. Dreams	17
Modern definition	17
Scientific conceptualization	17
I. 2. Sleep	18
I. 2. A. Definition	18
I. 2. B. Polysomnographic recordings	18
I. 2. C. Sleep stages	19
I. 2. D. Sleep architecture	21
I. 3. Link between dreaming and sleep stages	21
I. 3. A. The REM sleep hypothesis of dreaming	21
I. 3. B. The new hypothesis: a continuum of mentation during sleep	22
I. 4. Neurophysiological correlates of dreaming	24
I. 4. A. Brain activity during REM sleep	24
I. 4. B. Brain activity during lucid dreaming	25
I. 4. C. Brain activity in the minutes preceding a dream report	25
I. 4. D. Dreaming as a subsystem of the default mode network	26
II. DREAM RECALL FREQUENCY	28
II. 1. Measuring dream recall frequency	28
II. 2. DRF in the general population	28
II. 2. A. Average DRF	28
II. 2. B. Intra-individuals variability	29
II. 2. C. Inter-individuals variability	29
II. 3. Parameters correlated with DRF	29
II. 3. A. Psychological factors	29
II. 3. B. Sleep parameters	30
II. 3. C. Neurophysiological parameters	31
II. 3. D. Link between neurophysiological and psychological traits	33
II. 4. Theories of dream recall frequency variability	34

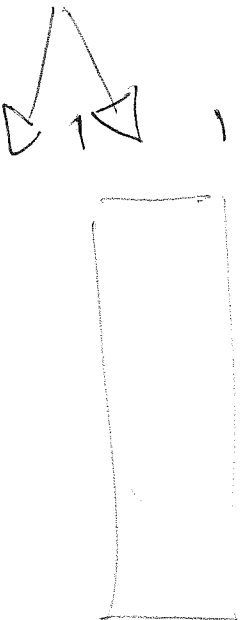
Psycho

Neurophysiology and frequency - Psychological & -
 dream content and frequency - Psychological &
 Neurophysiology and correlates -

Mrd Janini

II. 4. A. Freud's repression hypothesis.....	34
II. 4. B. Life-style hypothesis.....	34
II. 4. C. Salience hypothesis.....	34
II. 4. D. Arousal-retrieval model.....	35
II. 4. E. State-shift hypothesis.....	35
II. 4. F. Sleep inertia.....	35
II. 4. G. Towards a unifying theory of dream recall.....	36
III. DREAM CONTENT AND DREAM FUNCTION.....	37
II. 5. Dream content.....	37
II. 5. A. Methodology: basic principles of dream content analysis.....	37
II. 5. B. Experimental results.....	37
II. 5. C. The memory sources of dreams.....	37
II. 6. The function(s) of dreams.....	37
II. 6. A. Historical perspective.....	37
II. 6. B. Emotional regulation.....	37
II. 6. C. Memory processing.....	37
II. 6. D. Others hypotheses.....	37
IV. HYPOTHESIS AND OBJECTIVES.....	38
II. 7. Unresolved issues.....	38
II. 7. A. Differences between HR and LR at awakening.....	38
II. 7. B. Differences in the micro-structure of HR and LR.....	38
II. 7. C. What are the memory sources of dreaming?.....	38
EXPERIMENTAL RESULTS.....	40
METHODOLOGICAL DEVELOPMENT.....	40
GENERAL DISCUSSION.....	43
ANNEXES.....	43
REFERENCES.....	44

Method
Analyse du contenu (intro)
TRT



40
répression, le rôle
de l'analyse

41
l'analyse événementielle

42
l'analyse des micro-événements

43
l'analyse des micro-événements

44
l'analyse des micro-événements

45
l'analyse des micro-événements

46
l'analyse des micro-événements

47
l'analyse des micro-événements

48
l'analyse des micro-événements

49
l'analyse des micro-événements

50
l'analyse des micro-événements

51
l'analyse des micro-événements

52
l'analyse des micro-événements

53
l'analyse des micro-événements

54
l'analyse des micro-événements