Questions PhD oral defense

# GENDER DIFFERENCES

Did you find any sex differences in intra-sleep awakenings in your EEG study?

[ Answer here ]

Did you find any sex differences in the DMN functional connectivity in your Study 3?

# FUNCTIONAL CONNECTIVITY RESULTS

How do you interpret the greater FC in the caudate nucleus at 25 min p-a in HR as compared to LR?

[ Answer here ]

Did you correlate behavioral performances at the DST and functional connectivity measurements?

# MODEL OF DREAM RECALL

How do you situate the “clues” proposed by Koulack and Goodnenough?

[ Answer here ]

# DREAMING

What are the differences between REM and NREM dreaming?

Dream reports are on average more vivid and bizarre, with more complex narratives, i.e. are more ‘dream-like’, after awakenings from REM than from NREM sleep (Fosse et al., 2001; Strauch and Meier, 1996).

* Higher salience of dream content in REM sleep could explain why we recall our dreams better after awakening from this sleep stage

How can you combine your results with the predictions of the reward-activation model?

Perogamvros et Schwartz 2012:

The RAM places the dopaminergic-driven motivational and emotional drives at the center of the dreaming state.

Activation of the mesolimbic dopaminergic system during sleep may relate to the reprocessing of memories with a high emotional relevance or motivational relevance. These characteristics of the ML-DA system suggest that dreaming may potentially play a role in learning and memory, including emotion regulation processes. Note however that up to now there is little empirical evidence in support of this latter hypothesis.

The RAM is therefore in agreement with the TST and extends it by proposing that one of the main functions of dreaming is to expose the dreamer to rewarding or aversive stimuli, in order to maintain and improve offline memory consolidation processes and performance in real life situations, while also contributing to emotion regulation processes.