**Dement and Kleitman (1957) – Sleep Study**

**Background Information:**

**Sample:**

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|  | **Part 1** | **Part 2** | **Part 3** |
| **Hypothesis/Hypothesise** | The pattern  of the eye movements was related  to the dream content to test whether  they represented a specific expression  of the visual experience of dreaming  or merely a random motor discharge  of a more active central nervous  system |  |  |
| **IV (operationalised)** |  |  |  |
| **DV (operationalised)** |  |  |  |
| **Procedure** |  |  |  |
| **Results** | The occurrence of rapid eye movements? —Discrete periods during which their eyes exhibited rapid movements were observed in all nine Ss every night they slept. These periods were characterized by a low voltage, relatively fast pattern in the EEG. |  | There was a lot of variation on the EOG. Dream content often represent activity in dream e.g. vertical = shooting at a basketball hoop, horizontal = 2 people throwing tomatoes at each other, no activity – watching something in the distance, driving a car. |
| **Conclusion** |  |  | Eye movements match what happened in the dream |

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| **Control variable/Analysis** | **Why was it done?** |
| Speak into a microphone | It is done to make the participants feeling more relax and bring less demand characteristics, this increased the ecological validity |
| Awoken by the sound of a bell | To make sure the participants woke up as fast as possible |
| Kept wires untangled | To make people sleep more relax and decrease the difference between real life |
| No alcohol or coffee | Both have effect on normal sleep |
| Awoken in a random order (sometimes REM and sometime non-REM) | each person has a different order |
| Analysis of first half and second half of the results | Avoid order effect |