

## The twenty-four hour mind : the role of sleep and dreaming in our emotional lives

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### Abstrak

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In the beginning : the early days of sleep research -- Collecting dreams : watching the sleeping mind -- Short sleep and its consequences : insomnia -- Sleep and dreams in depression -- Sleepwalking into danger : murders without motives -- More NREM parasomnias : those who injure themselves, seek food or sex, explore, and protect -- Sleepwalking and state of mind in the courtroom -- Warnings from the land of nod : nightmares and REM behavior disorder -- Dreaming and the unconscious -- The role of dreams in the twenty-four hour mind : regulating emotion and updating the self.