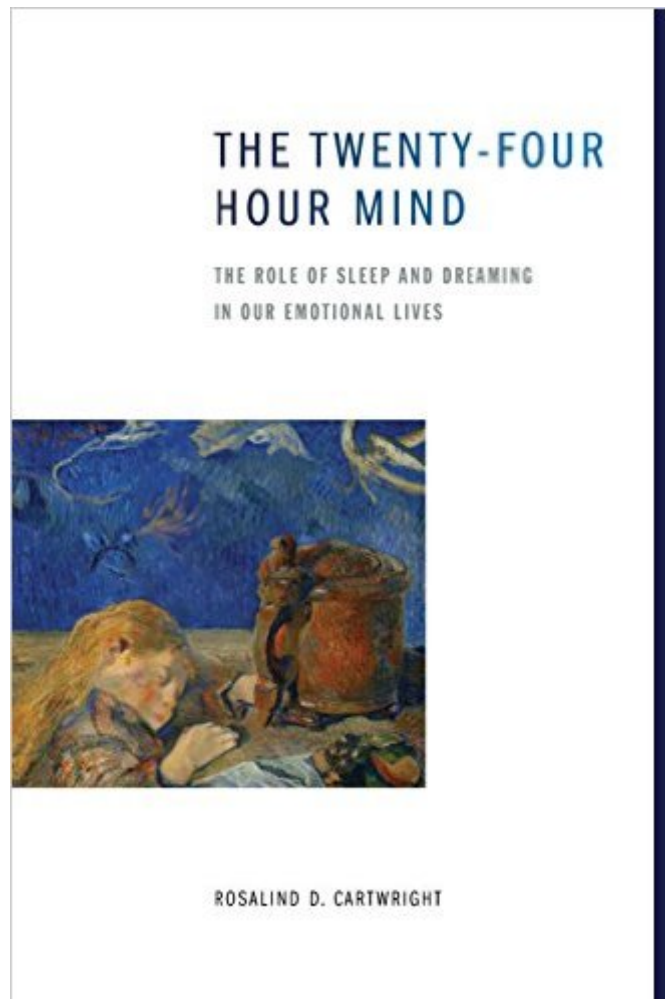


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# The Twenty-four Hour Mind: The Role Of Sleep And Dreaming In Our Emotional Lives



## Synopsis

Leading sleep researcher Rosalind Cartwright brings together decades of work on sleep, dreaming and sleep disorders to propose a new theory of how the mind works continuously. Drawing on her own research and that of others, Cartwright describes how conscious and unconscious thoughts and feelings move forward--from waking, into sleep and dreaming, to the next waking day. One main purpose of sleep is to regulate disturbing emotions. Not everyone does this successfully every night. Her research on dreams of those suffering depression show these fail to regulate mood overnight, and when sleepwalkers behave aggressively they have not had enough time dreaming. With many case examples, the author illustrates how conscious and unconscious thoughts and feelings are being linked to older memories throughout sleep and dreams, and how this process effects changes in thinking and feeling the next day--even reshaping our identities. The Twenty-four Hour Mind offers a unique integration of psychology and sleep research that will be of interest to anyone captivated by the mysteries of the mind--and what sleep and dreams teach us about ourselves.

## Book Information

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## Customer Reviews

I got interested in the topic of sleep and dreaming maybe ten years ago and have found the authors of texts on the subject a bit of a mixed bag. On the one hand, you have tea leaf readers that propose theories that have no basis in modern science. On the other, you have hard scientists that describe sleep and dreaming in the context of the brain and neurons, but refuse to acknowledge

"soft" evidence, like the mind and psychology. Rosalind Cartwright is the rare scientist who is well versed in the gamut of disciplines related to the field of sleep research, which includes psychiatry, neurology, and psychology. Her book starts with a general introduction to the topic of the mind, sleep, and dreaming. Here, as throughout her book, Rosalind writes about weighty material in a way that is both approachable and entertaining. After getting the reader up to speed, she presents some astonishing contemporary research, including evidence of mental activity during sleep and the role this activity plays in both the sciences and in the law -- turns out Rosalind is not only a researcher but an expert witness in cases in which people have murdered while sleepwalking! She explains in detail how when people sleep, certain parts of their minds are truly asleep while other parts are wide awake. These alert portions, which contribute to the title of her book, are able to perform complex operations when people sleepwalk, including driving a car, using tools, and even shooting a gun, all without the knowledge of the conscious part of their minds.

In this book Dr. Cartwright shares the results of a lifelong interest in the functions of sleep and dreaming. As she puts it, in the early decades of sleep research 'we were learning more about the when, where, and how of sleep, but not the why. This was the question that kept me going.'

Although she ultimately presents a comprehensive and creative view of the function of dreaming, the equally intriguing part to me was the way she illuminates the background from which these ideas developed. Among the factors contributing to the genesis of her view were a classical training in general psychology, personal influences from childhood (her mother had a strong conviction that sleep had a healing power), and serendipity (her secretary was dating a student working in the lab in which REM sleep was discovered). Along the way she found two useful clinical situations that help in understanding the role of the sleeping mind--sleepwalking (in which the mind is operating in a mixture of waking and sleeping modes, and depression (which has been observed to have abnormalities of REM sleep, and in which she became convinced that dreams became dysfunctional). She postulates that the night mind has the task of keeping us on an even emotional keel when awake, and that dreams in particular have at least two functions: integrating the emotional experiences of the day with similar experiences already stored in long-term memory, and using this new information to maintain and modify our self-concept. It would be misleading, though, to give the impression that the book is largely the presentation of a theoretical model of dream function. Dr.

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The Twenty-four Hour Mind: The Role of Sleep and Dreaming in Our Emotional Lives Sleep

Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) Sleep Apnea: The Ultimate Guide How To Manage And Treat Your Sleep Apnea (Sleep Apnea Machine, Sleep Apnea Guide, Sleep Apnea Cure, Sleep Apnea Treatment, Sleep Apnea Solution, Book 3) My Child Won't Sleep Through the Night: 5 No-Cry Solutions to Solve Your Child's Sleep Issues (Baby Sleep Solutions, Toddler Sleep Problems, Child Sleep Solutions, No-Cry Sleep Solution) Sleep Apnea: The Most Effective Sleep Apnea Cure: Discover a Sleep Apnea Treatment in 7 Days or Less! (Sleep apnea, anxiety management, insomnia, diabetes, snoring, sleep disorders, respironics) Emotional Intelligence: A Practical Guide For Emotional Skills And Interpersonal Communication (Emotional Intelligence, Emotional Skills, Interpersonal Emotions, Mindfulness) Lucid Dreaming: Learn How To Control Your Dreams In 10 Easy Steps - Lucid Dreaming Techniques (Lucid Dreaming, Astral Projection, Visualization Techniques) Hypnosis 8 Hour Sleep Cycle with Chakra Opening and Cleansing Booster (The Sleep Learning System) The Sleep Lady's Good Night, Sleep Tight: Gentle Proven Solutions to Help Your Child Sleep Well and Wake Up Happy The Promise of Sleep: A Pioneer in Sleep Medicine Explores the Vital Connection Between Health, Happiness, and a Good Night's Sleep Sleep Hypnosis Bundle: Hypnosis Collection to Fall Asleep Instantly, Induce REM Sleep, Get Better Sleep and Wake up Refreshed Hypnosis 8-Hour Sleep Cycle with Confidence Booster: The Sleep Learning System Hypnosis 8 Hour Sleep Cycle with Stop Sugar Cravings, Weight Loss Booster (The Sleep Learning System) Hypnosis 8 Hour Sleep Cycle with Weight Loss Booster: The Sleep Learning System Sleep: Discover How To Fall Asleep Easier, Get A Better Nights Rest & Wake Up Feeling Energized (The Best Sleep Solutions Available From All Natural To ... Treatments To Cure Insomnia & Sleep Easy) The 8-Hour Sleep Paradox: How We Are Sleeping Our Way to Fatigue, Disease and Unhappiness Dreams: Interpreting Your Dreams and How to Dream Your Desires- Lucid Dreaming, Visions and Dream Interpretation (Dreams, Lucid dreaming, Visions,) Proof of Angels: The Definitive Book on the Reality of Angels and the Surprising Role They Play in Each of Our Lives Dreaming the Soul Back Home: Shamanic Dreaming for Healing and Becoming Whole Dreaming Wide Awake: Lucid Dreaming, Shamanic Healing, and Psychedelics

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