

## Candidate 1 evidence

ENTER NUMBER OF QUESTION	DO NOT WRITE IN THIS MARGIN
1a.	<p>REM sleep is used for the brain during REM sleep our brains are prepared for the next day and neurotransmitters are replenished. REM is the sleep stage in which we dream and rapid eye movements occur.</p> <p>REM sleep is used to carry out repair tasks on the body, minor injuries are repaired and waste chemicals are removed from the body. In REM we are less likely to dream and if we do dream the dreams are shorter.</p>
1b.	<p>One strength of Oswald's restoration theory is that there is evidence to support it. Shapiro <del>for</del> found that after running a marathon REM sleep is increased. This suggests that the body is being repaired and waste chemicals such as lactate are being removed.</p>

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One weakness of Oswald's restoration theory is that there is evidence to oppose it. Research found that ~~during~~ sleep deprivation does not prevent physical activity. This suggests that REM sleep is not vital for the body to perform physically.

C. aim = to find out whether which stage of sleep we dream in and to find out if there is a link between eye movements and dream content. to find out which sleep stage dreams last longest.

Method - Lab experiment  
procedure - 9 adults were hooked up to a polysomnography and slept in the sleep lab. participants were woken during different sleep stages and asked if they were dreaming and if so what the content of their dream was.

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d.	

results - ~~on~~ <sup>around</sup> ~~about~~ 80% of REM wakenings participants said they were dreaming compared to around 9% of nREM wakenings who said they were dreaming, nREM dreams were also shorter than REM dreams

d. Little Hans (1909) supports the psychoanalytic theory as in the Little Hans Study Hans dreamed that he was married to his mother and they had their own family, this links to the psychoanalytic theory which says that our dreams express the desires of the Id and express things we want but cannot have in real life Freud interpreted Little Hans dream as Hans expressing his romantic desires for his mother which links back to the psychoanalytic theory which says that our dreams have hidden meanings of what we really want in real life.

ENTER NUMBER OF QUESTION		DO NOT WRITE IN THIS MARGIN
	Little Hans Id desires his mother's	
	romantic love. In Little Hans Uncensored	
	(unaware thoughts) he is in love with his	
	mother.	
	e. one strength of Little Hans was that	
	it was a case study. This means	
	that Freud (researcher) could have	
	a more in-depth look and analyse	
	Hans's dreams more thoroughly.	