

С.Д.АСФЕНДИЯРОВ АТЫНДАҒЫ  
ҚАЗАҚ ҰЛТТЫҚ МЕДИЦИНА  
УНИВЕРСИТЕТІ



КАЗАХСКИЙ НАЦИОНАЛЬНЫЙ  
МЕДИЦИНСКИЙ УНИВЕРСИТЕТ ИМЕНИ  
С.Д.АСФЕНДИЯРОВА

КАФЕДРА НОРМАЛЬНОЙ ФИЗИОЛОГИИ

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# Physiology of dream

Done by: Askarkul B.

Group:009-2k

Checked by:

# Main questions of theme

- 1. Dream. Types of dream*
- 2. Functions of dream*
- 3. Phases of dream*
- 4. Нейроанатомия of dream*
- 5. Dream*

# WHAT DREAM?



A dream is the physiological state that is characterized the loss of active psychical connections of subject with the surrounding him world. A dream is vitally necessary for higher animals and man.

## Types of dream :

1. Physiological day's dream
2. *Seasonal dream for animals*
3. *Hypnotic dream*
4. *Narcotic dream*
5. *Pathological dream*

# FUNCTIONS OF DREAM

- ❑ A dream provides rest of organism.
- ❑ A dream plays an important role the processes of metabolism.
- ❑ A dream assists processing and storage of information.
- ❑ A dream is this adaptation of organism to the change of luminosity (day-night).
- ❑ A dream restores immunity by activation

# *Phases of dream*



Slow (slowly-  
wave) dream

Rapid  
(paradoxical)  
dream

# PHASES OF DREAM

Were open H. Kileymanov and U. Azerinsk in 1952г

## Slow dream (75%)

The first stage is drowsiness is a quite shallow dream to 5 minutes.

Second stage - to 20 minutes.

The third stage is deep sleep.

The fourth stage of dream is yet more deep sleep.

## Rapid (paradoxical) dream (25%)

In 20-30 minutes after deep sleep.



# НЕЙРОАНАТОМИЯ СНА

- Structures, providing development
- slow dream:
- front departments of hypothalamus (преоптические kernels);
- heterospecific kernels of таламуса;
- kernels of guy-sutures (contain a тормозный neurohumor serotonin);
- тормозный center Морuzzi (middle part of bridge).



# Centers of rapid dream :

blue spot;

vestibular kernels of oblong brain;

overhead двухолмие of mesencephalon;

reticular structure of mesencephalon (centers of БДГ).

- blue spot (stimulation is awakening);
- separate areas of bark of large hemispheres.

# DREAM

A dream is subjective perception of some reality, that can plug in itself images, sounds, voices, words, ideas or feeling during a dream.

A dream and dreams play an important role maintenance of our mental and physical health.

We dream inphase rapid dream.



# Somnambulism (is sleepwalking)

Arises up during the incomplete awakening from deep sleep.

For children meets often enough, but with age passes usually.

About 2% people periodically walk in sleep .



# Lethargic dream

Any dream more than 24 hours is a lethargic dream.

**Lethargic** - in translation "hibernation" means from Greek.

**Lethargic** - this sickly state of immobility, outwardly reminding a dream.

**Lethargic** - this deep braking of motive areas of bark. At such state a pulse is barely caught, breathing weak, the temperature of body falls down



# Hypnosis (artificial dream



Force of suggestion is great. Through a word it is possible to influence on activity of our internal organs and treat them. Now widely use an electrosleep. On the closed eyelids electrodes are laid on a patient and skip a weak current. Hypnotizing a patient, he is after treated by suggestion

# Hygiene of dream

- Regular evening walks are needed before a dream.
- It is necessary to air room before a dream.
- To lie down to sleep every night at one and the same time.
- Together with a clothing it is necessary to throw down all daily caring.
- It is impossible densely to have a supper before a dream, drink strong tea or coffee.
- And remember, a too long dream is also harmful to the healthy organism!







# CONCLUSION



And in a conclusion, I would like to mark that a dream is absolutely necessary inalienable part of life of man, the physiological value of that consists of rest of body, strengthening of motor functions, memory, fixing of skills.

# LITERATURE

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THANKS FOR ATTENTION