

**С.Д.АСФЕНДИЯРОВ АТЫНДАҒЫ
ҚАЗАҚ ҰЛТТЫҚ МЕДИЦИНА
УНИВЕРСИТЕТІ**



**КАЗАХСКИЙ НАЦИОНАЛЬНЫЙ
МЕДИЦИНСКИЙ УНИВЕРСИТЕТ ИМЕНИ
С.Д.АСФЕНДИЯРОВА**

КАФЕДРА НОРМАЛЬНОЙ ФИЗИОЛОГИИ

Physiology of dream

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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.

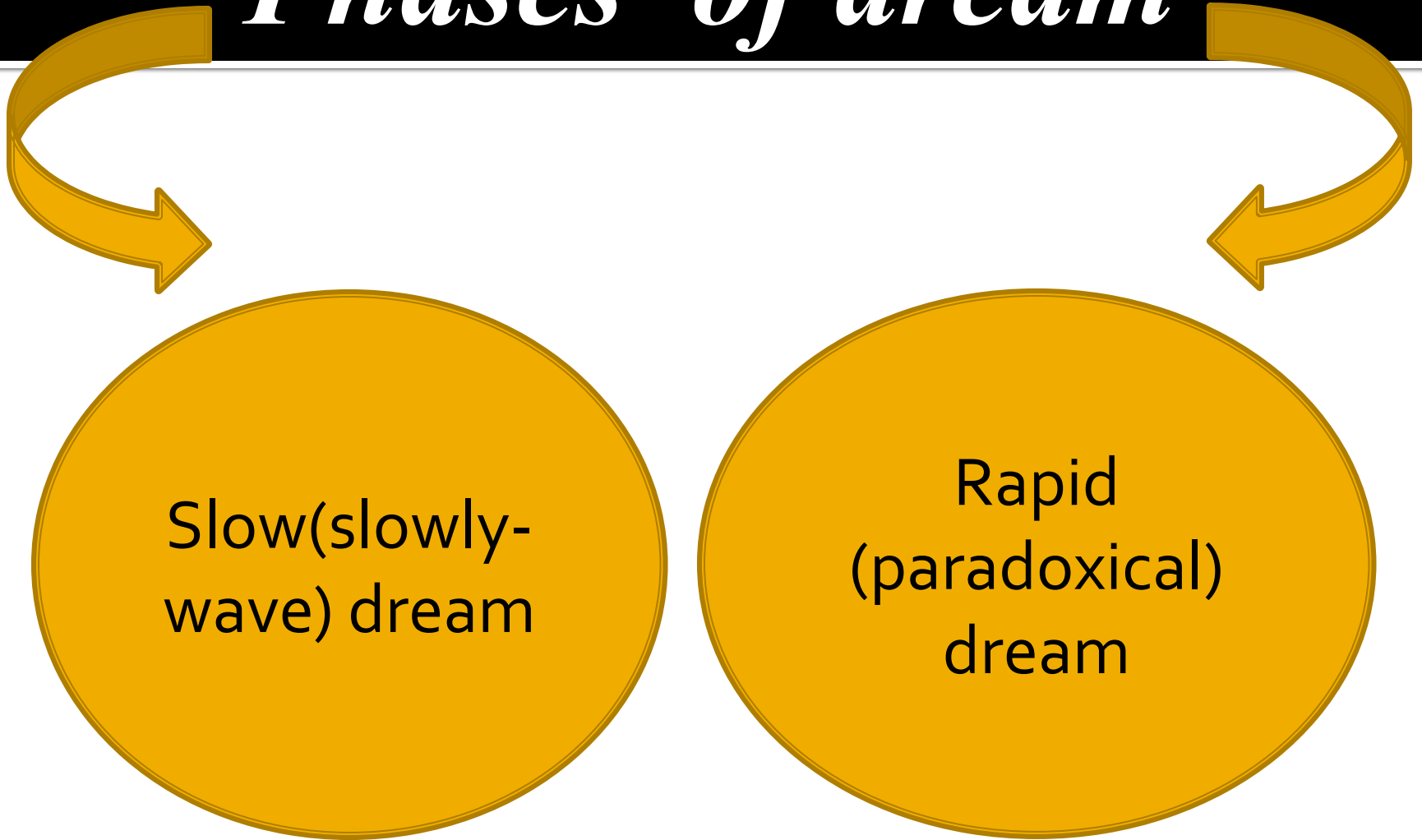
Types of dream :

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



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 Моруцци (middle part of bridge).

Centers of rapid dream :

- o blue spot;
- o vestibular kernels of oblong brain;
- o overhead двухолмие of mesencephalon;
- o 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

