MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

1) ______ meaning to dreams.
   A) Virtually no cultures attribute
   B) Only a few cultures
   C) Every culture attributes
   D) Most cultures attribute

2) Vivid visual and auditory experiences that our minds create primarily during REM periods of sleep are called _______.
   A) dreams
   B) night terrors
   C) hallucinations
   D) delusions

3) On the average, people dream _______.
   A) once every two or three days
   B) once every five or six days
   C) several times a night
   D) once a night

4) On the average, people dream about _______ hours a night.
   A) 3–4
   B) 2–3
   C) 4–5
   D) 1–2

5) The average person has _______ dream(s) per night.
   A) four to five
   B) one
   C) six to eight
   D) two to three

6) People awakened during REM sleep report vivid, graphic dreams _______ percent of the time.
   A) 60 to 65
   B) 20 to 25
   C) 80 to 85
   D) 40 to 45

7) People report dreamlike experiences that resemble normal wakeful consciousness about _______ of the time.
   A) 50
   B) 30
   C) 90
   D) 70

8) Which of the following statements is NOT true?
   A) Internal and external stimuli (such as hunger pains or a low-flying airplane) have no effect on dream content.
   B) Most dreams last about as long as the events would last in real life.
   C) Dreams tend to consist of a sequential story or series of stories.
   D) Often dreams are so vivid it is difficult to distinguish them from reality.

9) _______ called dreams the “royal road to the unconscious.”
   A) Hobson and McCarley
   B) Freud
   C) Jung
   D) Adler
10) Freud believed that dreams represent _______.
   A) hidden, deep-seated psychological problems
   B) unfulfilled wishes
   C) the brain's attempt to make sense of random neural activity
   D) attempts to solve waking problems while asleep

11) According to Freud, in sleep and dreams, people can express ideas free from _______.
   A) sexual desires and aggressive instincts
   B) instinctive feelings of anger, jealousy, or ambition
   C) conscious controls and moral rules
   D) memories of worrisome daily events

12) According to Freud, the surface, or directly observable, content of a dream is its ________ content.
   A) latent 
   B) secondary
   C) primary
   D) manifest

13) According to Freud, the hidden, unconscious desires expressed indirectly in a dream's symbolic content is its ________ content.
   A) manifest
   B) latent
   C) secondary
   D) primary

14) A client tells his therapist about a dream of riding on a train with his boss. At the end of the journey, the boss gets off the train at a terminal. The therapist suggests that the “terminal” in the dream suggests an unconscious desire by the client to “terminate” his boss. This desire to terminate the boss, if it exists, would reflect what Freud called the ________ content of the dream.
   A) primary
   B) secondary
   C) latent
   D) manifest

15) The dream theory claiming that dreams are a means of strengthening memories crucial to our survival is ________ theory.
   A) psychodynamic
   B) problem-solving
   C) information processing
   D) cognitive

16) Research indicates that ________ subjects spend more time in REM sleep after learning difficult material.
   A) both human and nonhuman
   B) human, but not nonhuman,
   C) nonhuman, but not human,
   D) neither human nor nonhuman

17) If you study hard during the week and then stay up all night on Friday and Saturday, you are likely to ________.
   A) remember just as much of the material as if you had spent a more restful weekend
   B) remember much less of the material than if you had spent a more restful weekend
   C) remember none of the material that you would have remembered had you spent a more restful weekend
   D) remember more of the material than if you had spent a more restful weekend
18) Which of the following is **NOT** true of REM sleep?
   A) Humans spend more sleep time in REM sleep after learning difficult material.
   B) Interfering with REM sleep immediately after learning severely disrupts the memory for the newly learned material.
   C) During REM sleep, the brain is very sensitive to outside sensory input.
   D) The specific area of the brain most active while learning new material is also active during subsequent REM sleep.

19) _______ has suggested that we work through problems in our dreams, and that dreams are part of the healing process after an emotional crisis such as a divorce or the death of a loved one.
   A) Freud   B) Cartwright   C) Domhoff   D) Crick

20) Each of the following is true of dreams **EXCEPT** _______.
   A) what people dream about is generally similar to what they think about and do while awake
   B) the areas of the forebrain involved in working memory, attention, and logic are wildly active during dreams
   C) many dreams seem realistic and coherent while they are occurring and even after we are awake
   D) dream content is relatively consistent for most individuals, displaying similar themes across years and even decades

21) Males are more likely than females to dream of each of the following **EXCEPT** _______.
   A) aggressive interactions   B) unfamiliar characters
   C) failure outcomes   D) being victims of aggression

22) During dreams, ________.
   A) the limbic system is wildly active while the forebrain remains relatively inactive
   B) the forebrain is wildly active while the limbic system remains relatively inactive
   C) both the forebrain and the limbic system are wildly active

23) ________ the most common alteration of normal consciousness.
   A) Hypnosis is   B) Meditation is
   C) Drug intoxication is   D) Dreams are

**TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.**

24) Dreams are vivid and visual auditory experiences that occur primarily during Stage 4 sleep. **______**

25) In most dreams, events happen much faster than they do in real life. **______**