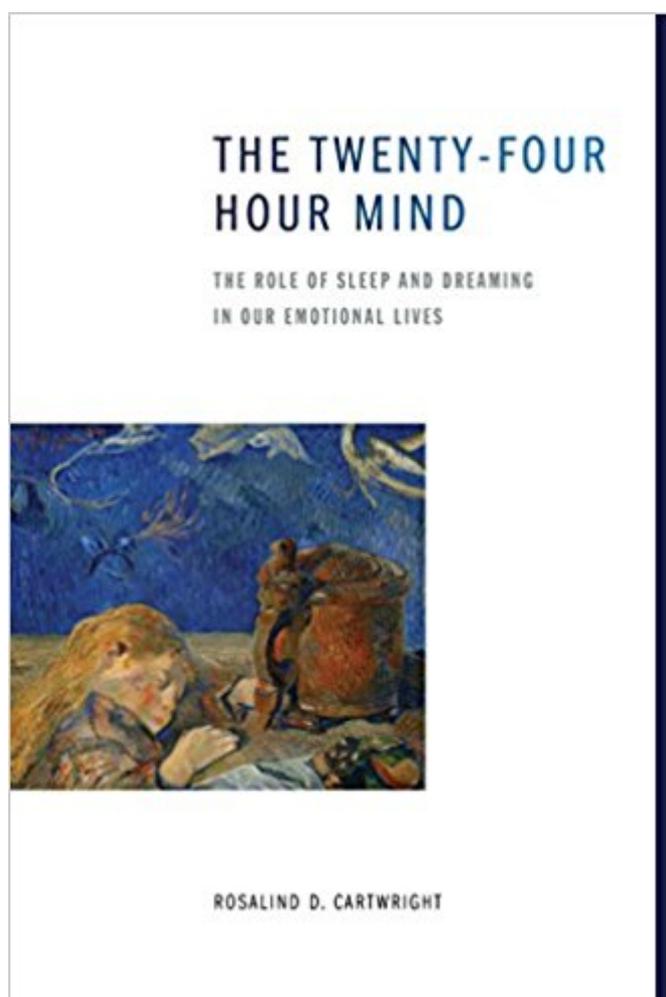


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# The Twenty-four Hour Mind: The Role Of Sleep And Dreaming In Our Emotional Lives



## 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

"Professor Rosalind Cartwright is a true pioneer of sleep research. She was there in the field's formative years and her particular interest in the function and meaning of dreams is reflected in a record of high-quality scientific publications spanning more than four decades. In The Twenty-four Hour Mind, Cartwright describes both her research as well as that of many other sleep scientists in

an exciting, eminently readable and thought provoking narrative. She examines numerous important and intriguing topics, including insomnia, depression, sleep walking, forensic sleep medicine and the role of dreams in human consciousness. In her Introduction, Cartwright writes, 'Come Along. I promise it will be an interesting ride.' The Twenty-four Hour Mind is a promise well kept!"--Michael V. Vitiello, University of Washington, Seattle, and Past President, Sleep Research Society "An engaging account of the history of sleep research. [Cartwright] skillfully weaves in her 50 years' worth of work in the field, delving into her own theories about the purpose of dreams and highlighting the importance of sleep to maintain our physical and mental well-being."--Scientific American Mind "This is an easy-to-read, interesting, and informative book about the neurophysiology, purposes, and meanings of sleep and dreaming...Often surprising, and richly informative." --JAMA "Rosalind Cartwright, a well-respected sleep researcher and therapist, presents a strong argument for viewing sleep and its resulting dreams in a new light that is reflected in the title of her book, The Twenty-Four Hour Mind: The Role of Sleep and Dreaming in Our Emotional Lives... The combination of sleep research and clinical analysis that Cartwright brings to The Twenty-Four Hour Mind should be of interest to a broad audience. It is well written and should be generally appreciated because most of us have a self-interest in a better understanding of the mysteries of sleep." --PsycCRITIQUES "A respected pioneer in the field, Professor Cartwright is the leading authority on the role of sleep and dreaming in our emotional lives. Her unique and personal experience as a researcher, clinician, teacher, and sleep expert in court cases involving murder and other acts of non-lethal aggression makes this book a captivating read...I highly recommend it as the go-to source for reviewing important dream and sleep studies, fascinating clinical cases, and what we have learned about the sleeping mind-body connection along the way." --Doody's "This very absorbing and beautifully written book describes cogently some of the psychophysical aspects of sleep and how our present understanding of them has been reached, and in doing so underscores just how much remains outside our comprehension. It also reviews the illustrious career of one of the pioneers in sleep research, compelling in its own right. Readers interested in either will not be disappointed. " --Journal of Clinical Sleep Medicine "The work is focused and concise, emphasizing the author's own contributions and career experiences to a greater degree than the large corpus of research pertinent to the question of sleep/dream function. It is therefore an excellent primer for the sleep neophyte, an informed guidebook for the practicing clinician, and a solid review of Cartwright's theoretical position on the function of sleep and dreaming. Readers should be better able to appreciate the '24-hr mind' theory as an increasingly valid perspective in the ever-growing field of nocturnal neuroscience." -- SLEEP "Cartwright offers an absorbing history

of sleep research, at once revealing how far we've come in understanding this vital third of our lives and how much still remains outside our grasp." -- Maria Popova, Brain Pickings

Rosalind D. Cartwright is Professor Emeritus in the Department of Psychology and in the Neuroscience Division of the Graduate College, Rush University. In 2004 she was named Distinguished Scientist of the Year by the Sleep Research Society.

By now, it should be pretty clear to all of us how important sleep is to our health. Lack of sleep has been linked to like a gazillion chronic health conditions from hypertension to diabetes. This book takes it a step farther, looking at the impact of "poor sleep hygiene," as the author calls it, on mental health and, ultimately, our sense of self. She is a preeminent researcher who has been studying sleep for, literally, decades, and she has learned a LOT. She thinks sleep, and specifically, dreams, help us "down-regulate" stress and unresolved emotional issues, a non-conscious factory that runs nonstop. The mind is continuously active throughout sleep, reviewing emotion-evoking new experiences from the day, scanning memory networks for similar experiences (which will defuse immediate emotional impact), revising by updating our organized sense of ourselves, and rehearsing new coping behaviors. And, "When all goes well, we wake refreshed and with a modified strategy for guiding our behavior toward fulfilling our now somewhat revised conception of ourselves. We are always works in progress. Dreams are a window onto the ongoing work of the mind during its essential night-shift. Ooof, but when it doesn't go well. She uses a number of frightening sleep abnormalities (sleep eaters, sleep masturbators, etc.) and worst case scenarios to illustrate that point, including several high-profile sleepwalking murders. It's a fascinating and eye-opening reminder that the mind, although asleep, is constantly concerned about the safety and integrity of the self. She's a better researcher than writer, so much so that even clunky writing is forgivable. All in all, it's a fascinating look at the importance of sleep, and dreams, from an unexpected vantage.

Rosalind Cartwright's book is a riveting read based on her passion for and a lifetime of research on the dreaming mind. The purpose of the mind's activity during sleep and dreaming is to regulate emotions and maintain and update the integrity of the

self-concept. During dreaming, our emotion-evoking events of the day (often the ones that aren't consciously processed) are linked to similar past experiences. In putting new and old memories together, feelings that would otherwise linger and disrupt our mood and behavior the next day are processed and diffused. The mind also updates the self-system by testing the new emotional experience against our habitual beliefs and thoughts and evaluating whether a new experience supports or challenges who we think we are. Cartwright covers topics such as depressive disorder, insomnia and its health consequences, divorce, nightmares, post traumatic stress disorder, sleep walking, and other parasomnias. This book was a practical, entertaining, and fascinating read in the science of the mind and dreams. I highly recommend it!

I have taken a liberty above with van Goethe's words, "What is not started today is never finished tomorrow," to start a review of Rosalind Dymond Cartwright's book on the functions of sleep and dreaming in sorting through the emotional work that we may have not started in waking time. I first came to Professor Cartwright's research through what I consider to be the mid-century (1940s-50s) pioneering work on empathy. In "The Twenty-Four Hour Mind" there is a connection with empathy through her discussion of processes that may not operate within full awareness but influence our other thoughts, feelings, and - noticeably in our interactions with the world and others - behaviours. As a research psychologist who does not conduct work into sleep and dreaming, but into past experience and empathy, I found this to be both useful to my work but also a wonderful journey through the psychological history and contemporary work of those in the field of sleep research. In the book, Professor Cartwright sets out her model for the 24-hour mind and how dreaming has a vital function in our daily living. Continuity between our waking and sleeping mental activities is key to her theory, as is the interdependency of these two states. Professor Cartwright draws on her decades of research into REM sleep (the stage of sleep where dreaming occurs) to elucidate her concept of dreaming as down-regulating negative emotions that we have experienced during the day, as well as modifying our self conceptions (schemas) so that we can function better in our daily lives. As she acknowledges, her focus is on when sleep goes wrong in order to tell us more about what it is that it does when it works "right." She discusses at length research into insomnia, depression (drawing on her studies of the dreams of those going through divorce), and the parasomnias; in particular sleep-walking. It is here that I want to get across that Professor Cartwright's book is not only aimed at academics or researchers but anyone interested in the topic of dreams. Her discussion of the stages of sleep is articulate and accessible, and the issues she discusses are likely to resonate with those who seem to have no trouble sleeping, those of us who

have at one time or another struggled to find the time to or haven't been able to get good sleep, and those who have been told they engage in behaviours such as sleep-walking - or those who share a bed with these people! Professor Cartwright's discussion of being an expert witness in courtroom cases of homicide where sleep-walking defence was used is fascinating. At the heart of much of Professor Cartwright's discussion is how Freud's notions of dreams and their relationship to daily life and personality (the famous id, ego, and superego) can be assimilated - or in many cases revised - into this model of the 24-hour mind. Again, Professor Cartwright is able to draw on the main points of Freud for the general reader (and they are fascinating when told by the professor) and then use them in interesting ways for the big payoff when she integrates all the parts of her discussion into the model. The book has a wonderful continuity and I cannot recommend it enough to those with an interest in the topic, either academic or a more general motivation to understand their own sleep and dreams, as well as students at all levels of psychology.

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