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Gorosito, María Laura.

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AVANCES EN EL ESTUDIO DEL CONTENIDO ONÍRICO Y EN LA INCUBACIÓN DE SUEÑOS DESDE UNA PERSPECTIVA NEUROCIENTÍFICA

Gorosito, María Laura

Universidad de Buenos Aires. Facultad de Psicología. Buenos Aires, Argentina.

RESUMEN

En el presente trabajo se realizará un breve punteo de las investigaciones científicas que aportaron conceptualizaciones relevantes para la comprensión de la naturaleza del material onírico. Para ello, se comenzará hablando del sueño en sí mismo dado que el contenido onírico o los sueños ocurren mientras dormimos, es decir, en ese estado de reposo natural y reversible del organismo. A su vez, se hará una distinción entre el material que predomina en las distintas fases del sueño y entre las técnicas que se emplean para estudiar dicho fenómeno. Luego, se ahondará en la influencia que tienen las vivencias del día en los sueños desde la hipótesis de la continuidad confrontando la evidencia que tiene a favor y en contra. Por último, se destacarán las particularidades de los sueños de personas diagnosticadas con algún trastorno mental y el rol que pueden tener los terapeutas en la incubación de sueños. La cual se emplea como una herramienta para modificar el contenido onírico en pos de mejorar la calidad de sueño y, subsecuentemente, la calidad de vida.

Palabras clave

Contenido onírico - Fases del sueño - Neurociencias - Incubación de sueños

ABSTRACT

ADVANCES IN THE STUDY OF DREAM CONTENT AND IN THE INCUBATION OF DREAMS FROM A NEUROSCIENTIFIC PERSPECTIVE

In this paper we will briefly review the scientific researches that have contributed to the understanding of the nature of dreams. To this end, we will begin by talking about sleep itself, given that the oniric content or dreams occur while we sleep, that is, in that state of natural and reversible rest of the organism. At the same time, a distinction will be made between the material that predominates in different phases of sleep and between the techniques used to study this phenomenon. Then, we will discuss the influence that daytime experiences have on dreams based on the continuity hypothesis, confronting the evidence for and against it. Finally, the particularities of the dreams of people diagnosed with some mental disorder and the role that therapists can have in the incubation of dreams will be highlighted.

Dream incubation is used as a tool to modify dream content in order to improve the quality of sleep and, subsequently, the quality of life.

Keywords

Dream content - Sleep phases - Neurosciences - Dream incubation

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