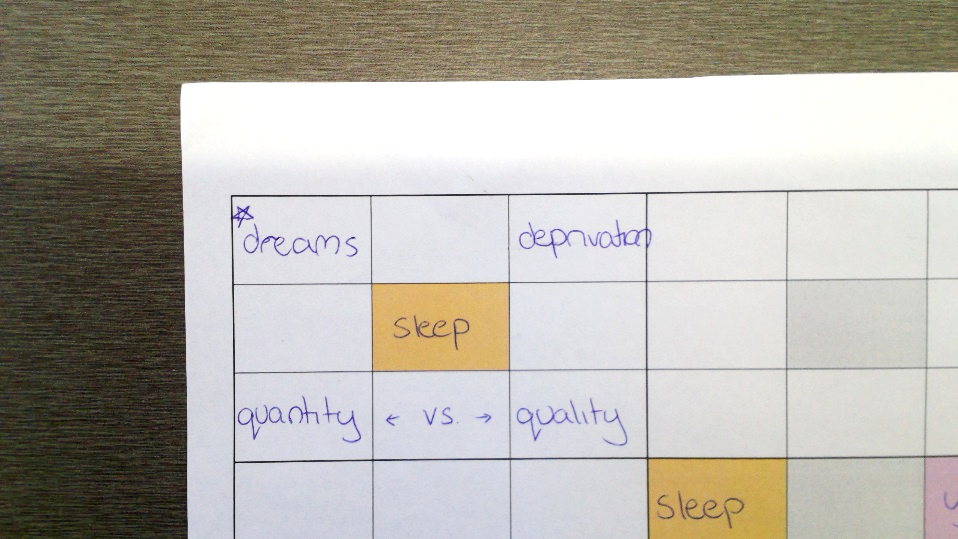
**Folio**

**Choosing a topic**

Lotus diagram



Q1 This question is too broad, I decided I would focus on specific daily factors which might affect dreams.

**Preliminary research**

I considered multiple internet sources which gave me a basic understanding of the topic and helped me refine my question with proper terms. Initial research also showed me which areas of the topic were researched thoroughly allowing me to focus the question further.

**PMI on topic**

**Plus** - Dreams, though often forgotten, are experienced by the whole population. This means my research project will be relevant to a large amount of people. I find this area very interesting, this should help me remain motivated while working on my research project.

**Minus** - The topic of dreams is not an area that is essential for people to know about therefore it will only be useful to those with an interest in it or curiosity. The majority of the research on this topic, especially case studies, are based on the dreamers’ recounts meaning the results and drawn conclusions could be quite biased. To ensure the quality of information I will need to cross reference a lot of sources.

**Interesting** - This research will be beneficial to me, as I follow my curiosity and is relevant to me as I dream almost every night.

**Determining a topic**

To give myself an idea of what topic I was interested in, I decided to make a lotus diagram. I found two topics which interested me: whether dreams are affected by mood throughout the day; whether one’s performance is improved after morning yoga. After some initial research I decided to look at the topic of dreams as there are more reliable sources of information and I became very interested in this idea. I began the question refinement along this theme.

**Question refinement:**

1. Are dreams affected by daily life?

Q3 I decided against this theme as there would be too many ethical considerations to complete my research project.

1. Are dreams affected by emotions throughout daily life?
2. Are recurring dreams the result of trauma?
3. To what extent are dreams affected by the emotions and thoughts of one during waking life?

Q4 I found this to be the proper term rather than “daily life”. I decided against this question as it focuses so heavily on one factor.

1. To what extent does waking life affect dreams and vice versa?
2. To what extent do factors in waking life such as emotionally intense events, personality and type of waking life experiences affect dream content?

Q6 After initial research I decided question 5 was too broad meaning I would not be able to answer the question fully in the research outcome. This led me to focus only on the effects of waking life on dreams, I decided this would be my final question.

**Usefulness and Limitations of final question**

Usefulness: This question is specific enough that I will be able to fully answer the question in the research outcome, yet wide enough that there is sufficient research.

Limitations: It may be hard to find conclusive answers to this question as dream content is hard to measure. This is because people often forget their dreams or remember their dreams differently to how it actually occurred.

**Capabilities**

**Safety and Ethical considerations**

Most of my research can be done non-invasively so there isn’t many safety or ethical considerations, however, if I decide to do a case study I will need to get personal and possibly parental consent, for privacy reasons. I also must work to reference all information I gain correctly as this is ethical behaviour.

I chose to work on my literacy capability as this will be particularly relevant to me when attending university and in my future career which I intend to be literacy focused.

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| **Aspects of the literacy capability** | **How this capability is relevant to the question, and how will it be developed?** |
| Communicating with a range of people in a variety of contexts | I plan to email a range of people I would not usually contact, such as experts in their field. This will help to develop my literacy capability because when addressing said professionals I must talk with due respect and use the correct terms. This will also develop my personal and social capability as though communicating successfully with experts I will become more confident in my ability to do so. |
| Assessing, analyzing, and selecting appropriate primary and secondary sources | Throughout the research project, I must determine the reliability of sources, especially internet sources. I will do so by looking at the purpose, the author and the intended audience of the text. This analysis of the text will be written at the top of each source and given a rating from 1-10 to mark its reliability, so when I return to use the source further it is clear how much weight should be placed on it. |
| Engaging with, and reflecting on, the ways in which texts are created for specific purposes and audiences | Part of my analysis will be to look at and understand the reason many different types of texts are made. For example, a newspaper is made to entertain the audience compared to a scientific report or article with the main purpose of informing the audience. From such analysis I can decide how much weight should be placed on each source for the construction of the outcome. |

**Planning of the research processes appropriate to the research**

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| Primary sources | Usefulness: gives firsthand information and experience, usually specific which is extremely useful if relevant, may provide quantitative data on dream research, very reliable if written by an expert.  Limitations: may be biased to support opinions, gives only one perspective, usually specific information which may not be relevant, often time consuming as language is technical. |
| Secondary sources | Usefulness: usually a summary which is very useful during initial research when first leaning about the topic, written to be understood by a wide range meaning language is easy to understand.  Limitations: often not credible as the author is not relevantly qualified, information is often not reliable as it has the purpose to entertain as well as to inform, might not be specific or appropriately detailed information. |

Primary Sources

Q1 This question was chosen to answer the personality/gender factor of the question. From this I will be able to see average differences between genders

**Survey**

Surveys are useful to gather information on the characteristics and opinions of a large population, however are not reliable as people often withhold personal or negative information. For this reason, the questions in my survey are factually rather than emotionally based. I will send a survey out, towards the start of my research project to allow a lot of response time. This will be to my high school and will include the following questions:

**Interview**

Interviews are a particularly useful source because as the interviewer I design the questions. This allows me to ask questions relevant to my research or fills gaps in existing research. I will conduct an interview with Carolyn Alchin, a newly graduated psychologist asking for her knowledge on the subject. This will be done around the middle of the research process, so I have enough knowledge to ask appropriate questions but also have time to research further the information she provides.

Survey questions:

1. Are you male or female?

Q2 While not specifically answering my research question, this question is the logical prequel to the next two questions.

1. How often do you remember your dreams?
2. Have you ever had a dream with an event in it from the previous day?

Q3 This directly answers my question regarding the type of waking experience aspect.

1. Have you ever had a dream that was very intense (such as a nightmare) after an upsetting event that day?

**Diary**

A highly valuable source, considering my research question is quite hard to find first-hand information on, will be a dream diary I will keep. The journal will consist of a table for each day and subsequent dream. It will include the five most significant events of my waking life and the emotional impact this had on me, then in the second column whether anything related to this in my dream the following night. There will also be a third column consisting of dream material that related to the previous day but not to the specific five events I recorded.

Q4 This question will help answer the emotional part of my research question.

Secondary sources

**Research outcome**

My outcome will be formatted as an essay with paragraphs each containing one factor from waking life that influences dreams. I will find these factors throughout my research by cross-referencing sources and highlighting repeated ideas in the same colour for my convenience.

**Scholarly articles** (which include case studies/experiments)

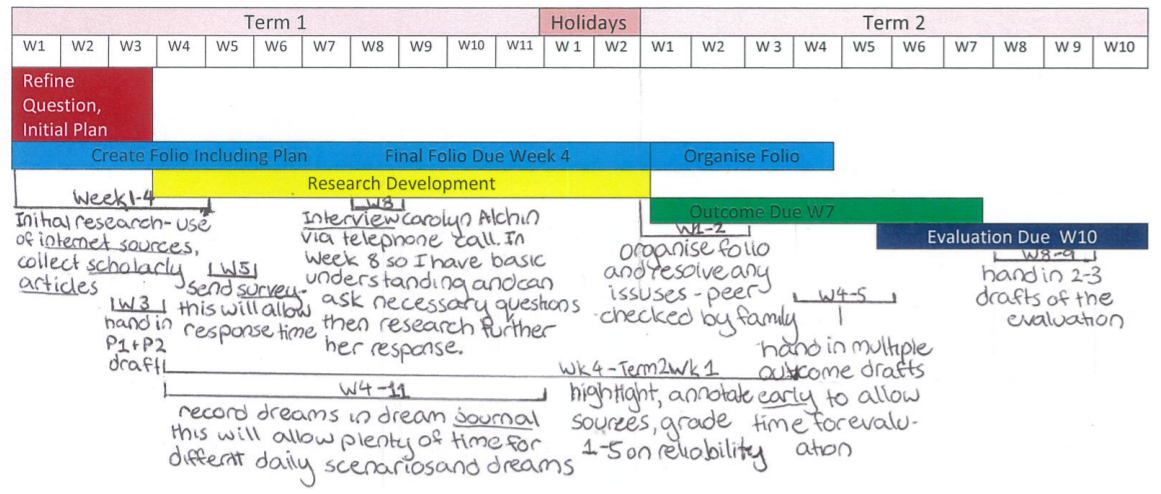
Scholarly articles are valuable as the information if often written by experts in the field and can be considered reliable. The articles are also useful as often they include large case studies which I cannot perform due to the time period. However, a limitation of this source is the technical language which makes them time consuming to read and understand.

**Internet**

Internet sources will be used to conduct preliminary research as they are useful to gain a simple understanding of the topic and are easily accessed. This initial research improves metalanguage and makes me aware of areas to research further. Internet sources are not particularly reliable, however, so I will not put too much weight on them in the outcome, unless through cross-referencing and a reliability analysis they can be proven to be trustworthy and therefore hold valid information.

**Gantt chart**

This chart will help me to reach due dates my setting and achieving personal goals.



**Source Analysis**

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| **Citation - 3** | Ralston, K, October 2017, *How Dreams Affect You in Real Life,* <https://www.tomorrowsleep.com/magazine/dreams-affect-life#jsModal> Accessed February 2018 |
| **Introduction** | This source is an internet source part that was of initial research. It looks at the effects of dreams on, so called, real life. |
| **Credibility** | Written by Kendra Ralston this source is not proven credible. Although Ralston has written many articles for this website, she lacks any qualifications relevant to sleep and dream research therefore, should not be relied upon. |
| **Relevance** | This source is no longer relevant as the research question has been changed. |
| **Reliability**  2/10 | When looking at this text it is clear the reliability should be trusted to a very small extent. The text is not written by a qualified professional and has the purpose to entertain, inform and sell a product. This is clear through the simple language that is used and pop up advertisements suggesting the website’s products. |
| **Usefulness & limitations** | This source was useful as part of preliminary research as it gave me more understanding of the topic, allowing me to change my question appropriately.  The limitation of this source is it is not very reliable, so all information will have to be cross-checked to confirm its accuracy and there was a lot of irrelevant information, such as types of dreams and interpreting dreams. |
| **Key findings** | * Even if dreams are forgotten they likely affect daytime mood and social interactions the next day. * Threat simulation theory suggests dreaming could be a defence mechanism which provided an evolutionary advantage because of the brains ability to create and respond to potential threats. * Different sleep states create different types of daytime social interactions * As our brains do not process events the same way when we are asleep, and part of the prefrontal cortex, which controls logic and reasoning, becomes inactive, therefore dreams can be emotionally intense but completely illogical |
| **Impact on research / leads** | This source, and many similar sources, led me to change my question to focus on the effects of waking life on dreams rather than vice versa. This text also led me to look at the threat simulation theory as this was briefly mentioned as a possible cause of dreams. |
| **Skills developed** | This source developed my ability to quickly asses the reliability of internet sources by checking for an author, the date it was written or published, the language and the overall look of the source, for example whether the source had pop-up advertisements. |

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| **Citation - 8** | Schredl M, Erlacher D, 2007, ‘The Journal of Psychology’, *Self-Reported Effects of Dreams on Waking-Life Creativity: An Empirical Study,* 141 (1), 35-46, Accessed February 2019 |
| **Introduction** | This source is a scientific journal found on the internet with the aim to examine the creative effects of dreams through a case study. I chose to look at this article as it is directly focussing on one possible effect of dreams. It provides useful information on the effect dreams have on creativity in not necessarily creative people. |
| **Credibility** | This article is seen to be credible as it is written by Michael Schredl, a well-known doctor of psychiatry and psychotherapy and sleep researcher currently working in a research facility in Germany, and Daniel Erlacher a sleep researcher. |
| **Relevance** | This source is not relevant to my research outcome anymore as the research question has been altered to be more specific. |
| **Reliability**  10/10 | The source is a scientific article involving technical and concise language. It follows a clear, logical structure with the use of headings and subheadings. It doesn’t appear to be biased in any way as facts rather than opinions are expressed. |
| **Key findings** | * dreams reportedly affected creativity once a week or more * character traits such as openness to experience, boundary thinness, imagination and attitude toward creativity were related to frequency of creative dreams * frequency of creative dreams was not affected by gender, however there was a gender difference for dream recall frequency * there is a dream recall hypothesis suggesting dream recall depends on lifestyle including introversion, independence, and creativity. * Individuals with average levels of creativity reported dreams stimulated waking-life creativity |
| **Impact on research / leads** | This source led me to change the question, to focus only on the effects of daytime events on dreams. This was as I realised my question was too broad and I should refine it even further. This source also led me to investigate the ‘continuity hypothesis’ as this phrase appeared multiple times throughout and was clearly relevant to the area as a whole. This source also led me to a dialogue of an interview, that was in the citations, with Michael Schredl which will be extremely useful as it is an interview with a professional and is a primary source. |
| **Skills developed** | As this source was a scientific article there was a lot of technical language and a lot of information not directly relevant to my research project making the source especially time-consuming. I quickly learnt the skill of skim reading the article by looking for key ideas and terms, then reading surrounding context. Once I had highlighted relevant areas, I was able to spend more time looking up difficult words and analysing information. |
| **Capabilities development** | When assessing the reliability of this type of source, I was sure to look at the purpose of the text, which in this case it is to inform the audience rather than to entertain or persuade. This evaluation is developing my literacy capability as I am “engaging with, and reflecting on the way in which texts are created for specific purposes”. |

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| **Citation -12** | Schredl M, 2006, ‘Sleep and Hypnosis’, *Factors Affecting the Continuity Between Waking and Dreaming: Emotional Intensity and Emotional Tone of Waking-Life Event,* 8 (1):1-5, Accessed March 2019 |
| **Introduction** | This is an internet found scientific journal that conducts a case study where participants keep a structured diary of their dreams for two weeks. This source seemed relevant to my research question as it looks at the effect of emotional intensity and tone during waking life on dreams and therefore I chose to investigate it. |
| **Credibility** | The author of this source is Michael Schredl a doctor of psychiatry and psychotherapy, sleep researcher with over 20 years’ experience. He has published many empirical studies well respected and cited by other professionals. |
| **Relevance** | This source is very relevant to my research outcome as it directly looks at one of the factors which affect dream content, which is how I will split my outcome. |
| **Reliability**  6/10 | Whilst a scientific journal, this source could not be considered a completely reliable source as this case study is based of the participants assessment of their dreams. This has been shown, while necessary, to be often inaccurate, as people often forget the details of their dreams, or remember their dreams entirely differently. The text does have a measure of reliability, however, as the author is a very qualified and the purpose of this text is solely to inform. |
| **Usefulness & limitations** | This source was very useful in that it gave me a structure for a case study that I could conduct and a reference list containing many more useful articles and studies. This source was also useful as it confirmed a lot of information I had learned that was not very reliable.  A limitation of this source was is contained complex tables and figures without any explanations. |
| **Key findings** | * 105 out of 254 dreams incorporated at least one recent daytime event * Emotional intense daytime events had a high probability of being incorporated in dreams * The process of recording daytime events might itself affect dreaming * Dreaming occurs during the second half of the night, however, it is likely that dreams during the first REM period include more references to daytime events of the previous day * Threatening events are incorporated into dreams as rehearsing threat situations may enhance chance of survival |
| **Capabilities development** | This source helped develop my literacy capability as I had to “access and analyse” the reliability by looking at: the background of the Author, Dr. Schredl; the purpose of the text, which is to inform the audience and share research with other professionals; and the intended audience, which is clearly other specialists seen through the complex language and jargon. |

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| **Citation - 16** | BMB Staff, September 2017, *Pillow Personalities,* <https://www.bestmattress-brand.org/pillow-personalities/> , Accessed March 2019 |
| **Introduction** | This source is a survey done of over 1000 Americans having them complete the Myer Briggs Type Indicator (MBTI) personality test and then asking them questions about the content of their dreams aiming to discover common dreams of different personality types. This source came up in initial research and helped me develop the question to include personality of a factor that affects dreams. |
| **Credibility** | This was written by a mattress company at the end of 2017, this company produces many articles focused around sleep, and although these pieces are also intending to encourage people to buy their products, the information seems to be credible as it is filled with links to other sources. |
| **Relevance** | This source can be considered relevant and will be very useful when writing my outcome, as it clearly answers one aspect of the question. |
| **Reliability**  7/10 | The sample size of this survey is reasonable, but considering it suggests these results apply to everyone, a larger sample size would provide much more accurate results. This source clearly has the purpose to entertain firstly and inform secondly, this is evident in the colourful images, illustrations and simple language. While the source does not seem to be bias it is clearly a project by this company to promote their brand of mattresses, therefore, this source could not be considered extremely reliable. |
| **Usefulness & limitations** | This source was very useful as it is directly relevant to my question, it looks with depth at the effect of one’s personality on their dreams, which is one of the factors in my question. |
| **Key findings** | * Introverts VS Extroverts: Introverts were more likely to dream of being unable to influence the world around them. Extroverts dreamed of more active pursuits, e.g. Travelling. Extraverted people dreamed more often. * Intuition VS Sensing: People with the Intuition personality type were likely to dream of threatening outcomes, such as being attacked, or even killed. They were also more likely to dream than Sensing types. Possibly because Sensing individuals resist fantasy of any kind naturally. * Judging VS Perceiving: Judging types, who prefer facts and logic, were similarly less likely to dream than Perceiving personalities. Perceiving types were to dream. * Thinking VS Feeling: Thinking types, while they dreamed less often than Feeling respondents, were more likely to dream of killing someone going completely against their personality type of logic and consistency. Feeling types dreamed about people in their lives, particularly family with a greater frequency. Feeling personalities remembered dreams significantly more than Thinking types. |
| **Impact on research / leads** | This source leads me to investigate the connection between specific characteristics and dream content as cross-referencing will be needed to confirm this source as it is not very valid due to its reliability. |
| **Capabilities development** | This source developed my literacy capability as again I had to evaluate the purpose of the text and asses the reliability. I found it was created for the purpose of entertaining and marketing, therefore this source was judged as not very trustworthy. |

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| **Citation -19** | Crash Course, 2014, *To sleep, Perchance to Dream: Crash Course Psychology #9,* <https://www.youtube.com/watch?v=rMHus-0wFSo>, Accessed April 2019 |
| **Introduction** | This source is a YouTube video by the well-known channel, Crash Course which produces educational videos that are easy to follow and understand. This video addresses theories surrounding dream content providing a new perspective on my previous research. |
| **Credibility** | The creators of these videos do not seen to have relevant qualifications but are clearly thorough researchers, who have been praised for their work by many teachers. |
| **Relevance** | This source contained some information relevant to factors affecting dream content, but was mainly about the cause of dreams, although this can briefly be discussed in the research outcome so is useful to consider. |
| **Reliability**  7/10 | This source is reliable to a good extent as it was created by well-known and reasonably credible channel. However, this source does have the purpose to entertain as well as to inform meaning the information may be altered to be more entertaining. |
| **Usefulness & limitations** | This video was useful in providing new perspective when considering dream content theories.  A limitation of this source is there was no available transcript, and a reasonable amount of irrelevant information, making it time consuming. |
| **Key findings** | * Dreams mostly unpack and reshuffle the events of the previous day * We register more stimuli than we acknowledge during the day therefore simulants that you may not have noticed during the day may get incorporated in dreams * The Information processing theory which proposes our dreams help us sort out and process the day’s events, then commit them to memory, particularly important when learning and remembering new information * The physiological function theory suggests that dreaming may promote neural development and preserve neural pathways by providing the brain with stimulation. * A theory that dreams are a part of cognitive development, drawing on our knowledge and understanding of the world and mimicking reality * The theory that REM sleep triggers neural activity and dreams are a side effect |
| **Impact on research / leads** | This source led me to consider that dreams have no relation to waking life but are just the product of brain function. I decided to research these ideas further and will include this other perspective in the outcome. |
| **Skills developed** | I developed the skill of using google effectively while trying to find a transcript of this video, by searching using filetype shortcuts, key word searches, and removing irrelevant terms that returned in search results. |

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| **Citation -22** | Hobson, A, Schredl, M, 2011, ‘The continuity and discontinuity between waking and dreaming: A Dialogue between Michael Schredl and Allan Hobson concerning the adequacy and completeness of these notions’, *International Journal of Dream Research* Vol. 4, No. 1, Accessed March 2019 |
| **Introduction** | This source is a journal containing a dialogue between two dream researchers, Dr. Michael Schredl and Dr. Allan Hobson. Dr. Schredl is expressing his views and research on the continuity hypothesis, and Dr. Hobson is expressing his research and thoughts on the discontinuity hypothesis. |
| **Credibility** | This dialogue is very credible as both people are very qualified, with over 60 years’ experience combined. The purpose of this text is to have an honest discussion between two professionals with opposing theories rather than an entertainment piece. |
| **Relevance** | This journal gave some relevant information which will be relied upon in the research outcome, but this source also contained a lot of information too complex or irrelevant to answer my question. |
| **Reliability**  9/10 | The discussion can be considered quite reliable considering the background of both speakers, and the professionalism displayed when presenting different points of view, and references to other studies and research throughout the text. There may be some level of bias considering each person is trying to prove their own views as superior, but overall the source seems to be unbiased to a good extent. |
| **Usefulness & limitations** | This source was extremely useful to provide both sides of the argument and then have discussion about different views. This allowed me to compare information I had already learnt with its counterargument. A limitation of this source was there was a lot of information not actually relevant to my question. |
| **Relevant key findings** | * Emotionally intense waking life experiences are more likely to be incorporated into subsequent dreams. This is not only valid for traumatic experiences but also for everyday events. * The need for personal growth, inherent to human nature, drives dreams with thematic continuity to waking life, in order to better prepare or cope with social situations, helping the dreamer to mature in a psychological sense. |
| **Impact on research / leads** | This text lead to me consider opposing arguments in more detail. In previous reading I had not found any professionals opposing the continuity hypothesis, so it will be useful to review less credible sources using information from this source as a cross-reference. |
| **Skills developed** | I developed my critical and creative thinking skills through learning and applying new knowledge throughout this source to understand the discussion. The language contained a lot of jargon and technical terms, so to improve my understanding of the source I would look up new words and phrases, then was able to use this knowledge when re-reading the source. |
| **Capabilities development** | This source also developed my literacy capability, particularly “taking different perspectives into account”. I had to consider each professionals point of view and understand that while there is such difference between opinions, each had spent their life studying and working on their theories and therefore was very passionate about their views. This dedication to the topic, no matter what they were saying, gives validity at least to themselves. |

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| **Citation - 29** | Edgecombe, B, *Dream Diary*, March 2019, Accessed April 2019 |
| **Introduction** | This source is a diary I kept, following a case study format, which suggested writing down five significant things of ones day and then rating the emotional tone or intensity of each, then recording similarities in subsequent dreams the following morning. |
| **Credibility** | This source could be decided as credible because while I am not an author with an extensive education nor knowledge, this source was about personal experiences and therefore, as long as it was kept honestly, could be kept by anyone. |
| **Relevance** | This source was extremely relevant as it provided information that directly answered many aspects of the question. |
| **Reliability**  6/10 | The findings of this source should not have much weight placed on them as they can not be considered very reliable. This is due to that fact as the researcher I would want specific information to come from this source so could pick or write whatever necessary to support my views. |
| **Usefulness & limitations** | This source is useful in that I could see and experience firsthand what I have been researching allowing me to come to a greater understanding of the topic and increase my passion for the area. It was also useful in providing examples of complex concepts such as thematic continuity, suggesting feelings throughout one’s waking life influence the intensity of one’s subsequent dream.  A limitation of this source was only one individual completed the task and therefore the findings could likely be limited to that person due to their personality or brain chemistry. |
| **Key findings**  (observations of my dreams) | * Events that might be considered insignificant to the waking mind were often in dreams, e.g. going to the shop and dropping an apple appeared in a dream * Dreams often presented a situation that might occur as a response to something stressful. e.g. I would dream of being at the beach and swimming in the ocean after completing my maths test. * The colour of the dreams changed depending on the intensity e.g. (in the previous dream) brown and black as I stressed over the maths test, then light blue and green as I ran across the sand. * Insecurities and emotional events were represented through intense dreams. E.g. I was insecure about the friendships I had made and later in my dream I was being chased and my friend refused to help me escape through a puzzle. * Activities such as arithmetic and literacy rarely appeared in dreams, however, the emotional connotations may. e.g. I experienced stress for an upcoming maths test, but the test never actually appeared in my dream content. |
| **Impact on research / leads** | This diary led me to look at the content of dreams and whether seemingly insignificant events were often incorporated into them or whether I was looking for connections between waking life and dreams that were non-existent. |
| **Skills developed** | This source forced me to improve my personal skills especially the planning and sticking to goals. This was because it was an independent study that required commitment every night and morning. After such a long process I was very satisfied with my work and could even have developed my sense of personal identity as I am very passionate about the possible connection and will keep this diary going to continue to look at my waking-life affecting my dream content out of interest. |

**Skills development**

Throughout this project I developed many research, personal and social skills. I developed the ability to skim read through sources looking for relevant terms or phrases then reading the surrounding context. I improved my ability to understand and interpret complex language in scientific studies and graphs as I had many scientific journals and empirical studies as sources. I developed my personal organisation and goal setting skills through keeping a diary and through keeping my research and sources organised. I also improved my internet skills through leaning how to use google effectively as I have learnt how to search for a particular file type, key words and how to remove irrelevant terms that might appear in the search results.

**Capability development**

I planned to develop my literacy throughout this process particularly “communicating with a range of people in a variety of contexts”, “assessing, analyzing, and selecting appropriate primary and secondary sources” and “engaging with, and reflecting on, the ways in which texts are created for specific purposes and audiences”. Throughout this research process I have developed these areas by interacting with experts and people in my school that I would not usually talk to, analyzing the purposes and authors of texts to assess the reliability, and through selecting sources that are useful and relevant to my research project.

**Cross referencing tables**

To help keep myself organised while conducting research, I sorted sources into tables based on information that answers the three parts of my question. Here are samples of each table.

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| Source type and number | Factor: Personality / individual |
| 8 – scientific article | character traits such as openness to experience, boundary thinness, imagination and attitude toward creativity were related to frequency of creative dreams |
| 16 – survey | Looked at the differences between: introverts and extroverts; intuition and sensing; judging and perceiving; thinking and feeling. |
| 17 – podcast | dreams reflect your waking way of solving problems |

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| Source type and number | Factor: emotional intense events |
| 12 – scientific journal | Emotional intense daytime events had a high probability of being incorporated in dreams |
| 22– Scientific Journal / dialogue of an interview | Emotionally intense waking life experiences are more likely to be incorporated into subsequent dreams. This is not only valid for traumatic experiences but also for everyday events. |
| 26 – interview | Dreams try to capture current emotions and represent them in an increased form |

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| Source type and number | Factor: waking experience type |
| 19 – video | Dreams mostly unpack and reshuffle the events of the previous day  We register more stimuli than we acknowledge during the day therefore simulants that you may not have noticed during the day may get incorporated in dreams |
| 24 – scientific journal | Different types of waking experiences e.g. meeting a person or viewing a landscape, are incorporated with different probabilities. It may be the case that some part of the variance is explained by the different emotional involvement in these waking-life experiences.  Highly focused cognitive activities such as reading, writing, calculating and typing occur less often in dreams than other activities such as talking with friends, walking. |
| 29 - diary | Events that might be considered insignificant to the waking mind were often in dreams |

After using these cross-referencing tables I asked myself the following questions to help plan for the research outcome:

Which sources will you give the most weight to because they are the most reliable?

The information gained from the scientific journals and interviews will be heavily relied upon in the research outcome, as these sources were shown to be reliable through the authors and purpose and gave mostly relevant information. Information gained from the diary will be useful as it provides examples of dream content and the particular relation to the previous waking day, so this also will be used in the outcome. Data and information from internet sources will be given little weight unless through cross referencing of ideas and information it was shown to be factually correct. Other sources such as books, magazines and videos were mainly shown to be reliable but often proved little relevant information so will not be prevalent in the research outcome.

What conclusion or conclusions can be drawn from several or all of the sources?

Many conclusions were drawn from the cross-referencing of sources, including that dream content is affected by the three factors listed in the question. Emotional intensity, concluded by many sources, was extremely likely to be incorporated in dreams often in an increased form in events or colour. An individual’s personality or brain chemistry was likely to affect the frequency of dreams and also the content in many different ways. A person’s type of waking experience affected dream content and frequency as cognitive activities such as reading, writing and arithmetic, were less likely to be incorporated in dreams while interactions with other people and nature was much more likely to be included.

To what extent do all the sources resolve the various aspects of the question?

The sources resolve the question to a good extent as each part of the question was answered by many sources. This will allow me to split the research outcome into three sections or at least paragraphs focusing on the effect of that one factor on subsequent dream content.