

Sleep and Dreams

Penn Humanities Forum

Fall 2004 Events

"Critical-Paranoid" Tendencies in Image-Making

David Cohen, September 9

Space-Lag: Tomorrow's Tired Astronaut

Jay Buckley, MD, September 14

**Belief and Beauty: The Art
and Worship of an African Master**

Robert Farris Thompson, September 29

Concert: The Music of Sleep and Dreams

Marc-André Hamelin, Jody Karin Applebaum, October 12

**Sleep, Memory, and Dreams:
A Neurocognitive Approach**

Robert Stickgold, October 20

**Sleep Better and Be More Alert
in Our 24/7 World**

Mark Rosekind, November 3

The Ethics of Dream Interpretation

Jonathan Lear, November 17

**Gertrude Stein and Altered States
of Consciousness**

Steven Meyer, December 1



UNIVERSITY of PENNSYLVANIA

Sleep and Dreams



And a wide realm of wild reality,
And dreams in their development
2004-2005
And tears, and tortures,
and the touch of Joy...
—Byron, "The Dream"

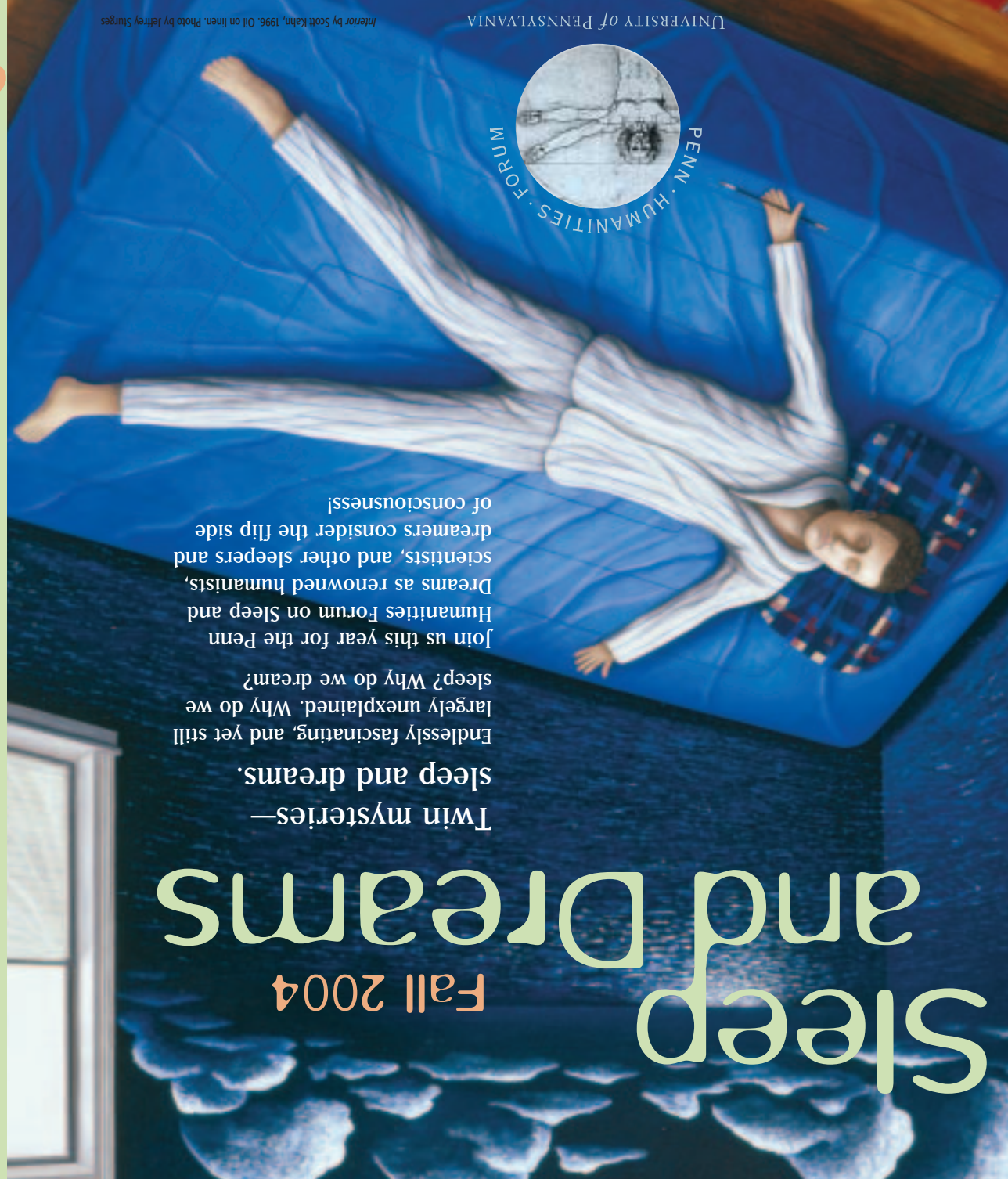
Sleep and Dreams

Bring me all of your dreams, you dreamers...



UNIVERSITY OF PENNSYLVANIA
PENN HUMANITIES FORUM
3619 Locust Walk
Philadelphia, PA
19104-6213

Non-profit Org.
US Postage
P A I D
Permit No. 2565
Phila., PA 19104



Inventor by Scott Kahn, 1996. Oil on linen. Photo by Jeffrey Sanger

Twin mysteries—
sleep and dreams.
Endlessly fascinating, and yet still
largely unexplained. Why do we
sleep? Why do we dream?
Join us this year for the Penn
Humanities Forum on Sleep and
Dreams as renowned humanists,
scientists, and other sleepers and
dreamers consider the flip side
of consciousness!

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Fall 2004

2004-2005

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Fall Events

Program Opener:

Hyperattention: Fantasy Realism, Trance-like Technique, and "Critical-Paranoid" Tendencies in Image-Making Today

David Cohen, Art Critic, *New York Sun*
In association with *Personal Space: Paintings by Scott Kahn* at Penn's Arthur Ross Gallery
Thursday, September 9, 5:00 pm, 3619 Locust Walk

Finesse, attention to detail, informational overload, and self-absorbing craft are aspects of contemporary art that violate modernist orthodoxies. On the occasion of the *Personal Space* exhibition, *New York Sun* art critic and artcritical.com editor David Cohen places Scott Kahn's paintings within the context of contemporaries as diverse as Mark Greenwold, Fred Tomaselli, Julie Heffernan, and Chuck Close. Following Cohen's talk, meet the artist at the Arthur Ross Gallery reception and exhibition (runs through October 24, 2004).

The Penn Humanities Forum and Penn's Center for Sleep and Respiratory Neurobiology present:
Space-Lag: Tomorrow's Tired Astronaut
Jay Buckley, 1998 Space Shuttle Columbia Astronaut (Neurolab) and Biomedical Researcher Dartmouth Medical School

Tuesday, September 14, 5:00 pm, Dunlop Auditorium, Stemmler Hall, 3450 Hamilton Walk (one half-block south of 34th & Spruce)

How do you sleep when there's no sunrise or sunset—and your body is floating in zero gravity? Former astronaut Jay Buckley, MD, discusses the challenges of sleeping in space, where rest is essential to a mission's success, but where astronauts also must be continuously on call. Could Mars explorers spend 6 months in space and still arrive on the Red Planet rested and ready to go? Find out what scientists are discovering about the body's ability to adapt to space—and how their research relates to sleepless nights on Earth.

Belief and Beauty: The Art and Worship of an African Master

Robert Farris Thompson, History of Art, Yale University
Wednesday, September 29, 5:00 pm, 3619 Locust Walk

Acclaimed Yale art historian Robert Farris Thompson regales us with the fascinating saga of Abatan, master potter of the Yoruba of Nigeria. Hear how her worship of riverain deities translates directly into the spectacular art she makes and the dazzling dances in which her art is fit like a moving cathedral. (Postponed from January 2004)

Concert: The Music of Sleep and Dreams

Marc-André Hamelin and Jody Karin Applebaum
Tuesday, October 12, 8:00 pm, Settlement Music School, 416 Queen Street, Philadelphia

Lullabies soothe us to sleep; songs are our waking dreams. Music may mimic gentle rest, nightmare, insomnia, and the perennial metaphor of sleep, death. The internationally acclaimed duo of soprano Jody Karin Applebaum and pianist Marc-André Hamelin unfold us in musical sleep and dreams in the work of Handel, Fauré, Poulenc, Strauss, Chopin, Schubert, Brahms, Liszt, De Falla, and Weill. Tickets: \$15 general admission; students \$8.00. Call 215.573.8280 for tickets and more information.

Sleep, Memory, and Dreams: A Neurocognitive Approach

Robert Stickgold, Psychiatry, Harvard Medical School
Wednesday, October 20, 5:00 pm, 200 College Hall 34th Street between Walnut and Spruce Streets

What role does sleep play in learning and memory? How does the brain build dreams? Distinguished Harvard psychiatrist Robert Stickgold presents the findings of sleep researchers examining the familiar assumption that sleep and dreams put order in daily experience.

Eyes Wide Open: How to Sleep Better and Be More Alert in Our 24/7 World

Mark Rosekind, President & Chief Scientist, Alertness Solutions
Wednesday, November 3, 5:00 pm, 200 College Hall

Every day we suffer from sleep loss, circadian disruption, and sleep disorders that take their toll on us as individuals, organizations, and society. Ignoring the risks of our 24/7 world affects everyone. Former NASA scientist and fatigue management expert Mark Rosekind presents ways to improve sleep and alertness that can significantly boost your productivity, safety, and health.

The Ethics of Dream Interpretation

Jonathan Lear, Committee on Social Thought, University of Chicago
Wednesday, November 17, 5:00 pm, 200 College Hall

Award-winning University of Chicago philosopher and psychoanalyst Jonathan Lear discusses the ethical dimension of Freud's theory of dreams. What is the enduring significance of Freudian dream interpretation? How well did the Viennese theorist understand the ethical implications of his approach?

Hold fast to dreams, For if dreams die, Life is a broken winged bird That cannot fly.

—Langston Hughes, "Dreams"



Waking Dreaming: Gertrude Stein, Automatic Writing, and the Neurophysiology of Altered States of Consciousness

Steven Meyer, English Literature, Washington University in St. Louis
Wednesday, December 1, 5:00 pm, 3619 Locust Walk

As a student at the Harvard Psychological Laboratory, Gertrude Stein carried out experiments in automatic writing; as an expatriate in Paris, she devoted herself to literary experimentation. Leading expert on the science-literature interface, Steven Meyer explores connections between recent research into "exceptional mental states" and Stein's boundary-breaking writing.

The Penn Humanities Forum gratefully acknowledges the support of the Hershey Family Foundation, the Dr. S.T. Lee Distinguished Lecture in the Humanities Fund, and The Andrew W. Mellon Foundation.

Events free, unless otherwise noted. Public invited. Registration required for all events. Register via:
—Web: <http://humanities.sas.upenn.edu>
—Email: humanities@sas.upenn.edu
—Phone: 215.573.8280 or 215.898.8220

COMING, SPRING 2005

January 26: New York architect Louise Braverman on sleep places and spaces
February 9: Penn law and psychiatry professor Stephen J. Morse on altered states and personal responsibility
February 23: Institute of Contemporary Art senior curator Ingrid Schaffner on Salvador Dali's *Dream of Venus*
March 16: Penn Psychiatry's Division of Sleep and Chronobiology chief David Dinges on what it means to be awake
March 30: Penn English professor and PHF codirector Peter Stallybrass on beds and bedrooms
April 12: British novelist, critic, and cultural historian Marina Warner on myths and fairy tales **And more!**

The Penn Humanities Forum explores a new theme each year through a variety of cultural, educational, and research programs whose breadth invites scholars, students, policy makers, the cultural community, and the general public to discover common ground and celebrate the importance of the humanities in civic life.

Wendy Steiner, Founding Director, Richard L. Fisher Professor of English
Peter Stallybrass, Codirector, Walter H. and Leonore C. Annenberg Professor in the Humanities
Hans P.A. Van Dongen, Sleep & Dreams Topic Director, Research Associate Professor of Sleep and Chronobiology, School of Medicine
Jennifer Conway, Associate Director, Sara Shergar, Administrative Coordinator

Penn Humanities Forum