



# THE SLEEPER AS DREAMER ; A CASESTUDY ON ADOLESCENTS

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## ABSTRACT

In our dreams, we travel to a separate reality—a hallucinatory realm that feels just as real as anything we experience during the day. Though characteristic of human sleep, these frequently odd episodes are still not fully understood. For neuroscientific investigations of dreaming, retrospective dream reports' susceptibility to distortion and amnesia poses a basic issue. In a typical dream, the dreamer accepts the events and feelings exactly way they are, regardless of how irrational they may seem. On the other hand, a lucid dream is one in which the dreamer is conscious that they are dreaming. Some lucid dreamers claim that this abrupt awareness gives them the power to change the path of the dream going forward. Such statements have hitherto been hard to support. As we all know, dreams that were vivid, thrilling, or horrifying while they were happening often become hazy and formless upon awakening, and this is especially true of dreamers' accounts of their most recent experiences. According to the self-organization hypothesis of dreaming, the sleeping brain is a self-organizing system that can weave together disparate and incongruous neural impulses (i.e., various aspects of dreams) into a mostly continuous story while the individual is asleep. According to this idea, dreams are a byproduct of the sleeping brain rather than an autonomous activity, reflecting the physiological and psychological processes of the dreamer, such as memory enlargement, emotion control, and sensory perception.

Here in this article the author explain the concept of sleep as well as dreams and characteristic of dream with a doctrinal study on the age of adolescent student who suffers this type of sleeping problems and comes with some suggestions.

**KEYWORDS ;** Dreams, hallucinatory, emblematic, neuroscientific, lucid dream, gripping, incongruous,

## INTRODUCTION

We may not know exactly why we need to sleep, but we do not know that our body needs sleep is inadequate, performance of the brain and the body goes down. One becomes irritable and can not concentrate. After several days of inadequate sleep, one may start hallucinating. The duration of sleep needed depends on the person and the age.

Sleep means – A state of rest in which the nervous system is inactive, the eyes are closed, the muscles are relaxed, and the mind is unconscious.

Sleep disturbance in adolescent is fairly common and has to be viewed from different perspectives. The physiology of sleep is different in adolescent as compared to adults. The parents may have a mistaken notion as to how the adolescent should sleep or may themselves be poor sleepers. They may in fact awaken the

adolescent or believe that the adolescent is awake or they may be inexperienced about the sleep needs of the adolescent.

The parents may create an environment where the adolescent can not sleep properly such as giving caffeinated drinks, having the T.V. and others sources of noise on, keeping the light on.

Different kind of sleep disorders may occur in adolescents. Some of the common ones are sleep walking, sleep terrors, night mares, sleep talking, teeth grinding. These are generally believed to be related to the maturation of the nervous system and tend to disappear as the adolescent grow older. Often, several of these problems may occur together, and there may be a family history of similar problems.

It is necessary to alleviate parental anxiety and to check if the episodes are associated with distressing events in the adolescents life. In night terrors the adolescents does not remember what frightened him, while in nightmares he or she may recall the dreams. Recurrent nightmares maybe associated with emotional problems. At times, bed limiting and tend to disappear as the adolescent grows older. Sometimes excessive sleep may occur particularly in adolesce. Sleep-related breathing disorders could be due to mechanical obstruction of air passages ways or certain medical conditions such as asthma. A fatal condition namely the sudden death is thought to be related to sudden cessation of breathing. Such short episodes occur in adolescent.

Dream means – A series of images and feelings occurring in a person’s mind during sleep. Dream is not that which you see while sleeping it is something that does not let you sleep.

**“You have to dream before your dreams can come true.” – A.P.J. Abdul Kalam**

A doctrinal study on student of APS College Roth, Balangir

In a study of a sample of 50 normal adolescent of my institution 14% of the urban and 6% of the rural adolescent had difficulty in settling. Waking up at night was significantly higher in 34% of the rural adolescent when compared to 12% of the urban adolescent. In 20% of the urban and 14% of the rural sample, adolescent slept along with there parents. 70% of the adolescents dreaming during sleep.

The content of the dreaming experience as recalled and reported by an adolescent usually on the morning following the dreams, in laboratory research the equivalent term is the sleep mentation report. The psychological context within which the dream occurred. This included the mosaic of the days events previous to the dream as well as a multidimensional conception of the total life history and the specific psychological difficulties and personality of the dreamer. It was usually possible to discern some intelligible relationship between these psychological context materials and aspects of the manifest dream.

Formal characteristics of the dreams could be broken into following categories –

(i) Co-herence

Relatively few dreams were disjointed or chaotic. Most resembled day time narratives in co-herence, especially in the awakenings from the second half of the night, of the awakenings 10% yielded reports of two or three apparently un-related scenarios.

(ii) Lucidity and Detail

The majority of dreams were moderately clear, some extremely lucid and detailed, some quite unclear and vague. Interestingly subjects often did better on re-counting the same dream in the morning, post- sleep.

(iii) Complexity

Much variability was observed. One group of subjects especially prodded more descriptive detail, provided more complex dreams.

(iv) Temporal Progression

50% of all dreams showed only slight temporal progression, most of the reminder were moderate in this respect and sages were rare.

**(v) Bizarreness and Incredibility**

Dreams which were crazy and impossible, together with dreams which depicted unlikely but never the loss possible events, were un-common but definitely represented in the total sample.

**(vi) Activity**

About half the dreams were sedentary and about a third contained activity exertion such as sports or fighting.

**(vii) Dramatic Qualities** - For the most part, dream scenarios were mundane and everyday.

**(viii) Typical Dreams** – Dreams of examination, loss of teeth, finding money, death, nudity with a sense of embarrassment and so on.

Of environmental factors or sleeping habits do not appear to be contributing to a sleep problem, adolescent may have a primary sleep disorder such as sleep-apnea or nocturnal myoclonus. Sleep-apnea is disruption of normal breathing for 10 seconds or more. clues to its presence can include complaints of day time drowsiness, headaches and spousal complaints of loud snoring. Nocturnal of loud snoring. Nocturnal myoclonus or restless leg syndrome makes getting to sleep difficult and can interrupt sleep at regular interval but does not interfere with daytime activities.

**SUGGESTIONS AND CONCLUSION****Improving Sleep habits**

Many adjustments can be made assist in sleeping. These should be tailored or differ to the individual consider

- The comfort of the bed or mattress.
- Surrounding noise can it be reduced.
- Room temperature, blankets, etc.
- Avoiding smoking and drinking tea, coffee, for 4 hours before going to sleep.
- Avoiding heavy meals late at night and foods or drinks rich in carbohydrates.
- Avoiding going to bed long before the time he or she wishes to go to sleep.
- Trying to bring regularity to sleep habits- establishing a bed-time routine and a regular waking or rising time in the morning.
- Avoiding strenuous exercise late at night.
- Avoiding stimulating T.V. shows or reading materials.

Other examples of this elevated sensation of agency, meanwhile, seem to be unique to dreams and unrelated to our waking lives. Lucid control dreams are an example of such an experience; nevertheless, further explanation is needed to take into consideration their unique cognitive characteristics. In these dreams, the dreamer is aware that they are dreaming and that they have control over the dream world. Future empirical studies should concentrate on standardized circumstances for reporting dreams in order to define the many sorts of experiences that can occur and identify the key cognitive processes that underlie each type.