



# DREAM

**a series of thoughts, images, or emotions occurring during sleep and especially during REM sleep**

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A dream is a **succession of images, ideas, emotions, and sensations that usually occur involuntarily in the mind during certain stages of sleep**. Humans spend about two hours dreaming per night, and each dream lasts around 5 to 20 minutes, although the dreamer may perceive the dream as being much longer than this

Not until the 13th century was our word *dream* used in the sense of “a series of thoughts, images, or emotions occurring during sleep.” The word itself is considerably older. In Old English *dream* means “joy,” “noise,” or “music.” Yet the change in meaning did not come from the development of a more specialized sense. Rather it appears that after many Scandinavian conflicts, conquests, and settlements in Britain the Old Norse *draumr* meaning “a dream during sleep,” influenced the meaning of the etymologically related, English word. By the end of the 14th century the earlier meanings had been entirely replaced.

Dreams are stories and images that our minds create while we sleep. Dreaming may have some benefits, such as helping the brain process information gathered during the day.

They are an enduring source of mystery for scientists and psychological doctors. Why do dreams occur? What causes them? Can we control them? What do they mean?

This article will explore the current theories, causes, and applications of dreaming.

## Fast facts on dreams

- We may not remember dreaming, but everyone is thought to dream between 3 and 6 times per night
- It is thought that each dream lasts between 5 to 20 minutes.
- Around 95 percent of dreams are forgotten by the time a person gets out of bed.

- Dreaming can help you learn and develop long-term memories.
- Blind people dream more with other sensory components compared with sighted people.

## Phases of sleep

There are five phases of sleep in a sleep cycle:

**Stage 1:** Light sleep, slow eye movement, and reduced muscle activity. This stage forms 4 to 5 percent of total sleep.

**Stage 2:** Eye movement stops and brain waves become slower, with occasional bursts of rapid waves called sleep spindles. This stage forms 45 to 55 percent of total sleep.

**Stage 3:** Extremely slow brain waves called delta waves begin to appear, interspersed with smaller, faster waves. This accounts for 4 to 6 percent of total sleep.

**Stage 4:** The brain produces delta waves almost exclusively. It is difficult to wake someone during stages 3 and 4, which together are called “deep sleep.” There is no eye movement or muscle activity. People awakened while in deep sleep do not adjust immediately and often feel disoriented for several minutes after waking up. This forms 12 to 15 percent of total sleep.

**Stage 5:** This stage is known as rapid eye movement (REM). Breathing becomes more rapid, irregular, and shallow, eyes jerk rapidly in various directions, and limb muscles become temporarily paralyzed. Heart rate increases, blood pressure rises, and males develop penile erections. When people awaken during REM sleep, they often describe bizarre and illogical tales. These are dreams. This stage accounts for 20 to 25 percent of total sleep time.

Can a dream be true ?

Yet, regardless of the faith of any individual who enters the dream state, there are numerous instances in which dreams actually do come true in ways that were not anticipated. Most prophetic dreams do not bear spiritually significant meaning and hold no link to life-changing events

Are dreams are our real life ?

However, not all dreams are based on waking life experiences. Some dreams may be symbolic or have a hidden meaning. External factors, such as stress or medications, can also influence dreams. Ultimately, the interpretation of dreams is a personal experience and can vary from person to person.

## Psychology of Dreams

Most people think of dreams as nothing more than the random firings of a tired brain. However, recent research has shown that dreams are quite complex and can offer valuable insights into our psychological state.

Dreams can be mysterious and interesting, but what do they mean? Are they just random images that our brains produce during sleep, or is there something more to them? In this post, we will explore the psychology of dreams and discuss common theories on why do we dream, plus ways they can be used to improve our lives.

## What are Dreams?

Dreams are a normal part of sleeping. Dreams are a sequence of images, ideas, emotions, and sensations that occur in the mind during certain stages of sleep.

The content and purpose of dreams are not fully understood, although they have been a topic of scientific speculation and a subject of philosophical and religious interest throughout recorded history.

Dreams mainly occur in the rapid-eye movement (REM) stage of sleep—when brain activity is high and resembles that of being awake. [REM sleep](#) is characterized by intense brain activity and eye movements.

People usually have between three and five periods of REM sleep per night. Most dreams occur in REM sleep. However, people can dream during different sleep stages.

Researchers believe dreams may help people process emotions, learn, and solve problems. Although dreams are mostly a product of the sleeping brain, they may also be influenced by what happens to a person during the day.

Some findings suggest that dreams may be linked to real-world events like illness, grief, or trauma. Other research indicates that dreams may be meaningless or random activity in the brain. Scientists continue to study the function and purpose of dreaming.

## What About Lucid Dreaming?

[Lucid dreaming](#) is a state of consciousness in which the individual is aware that they are dreaming. This can range from having a vague sense that something isn't quite right to being fully aware of the dream environment and controlling the dream characters and events.

During REM sleep, people often experience lucid dreams, when dreaming is most vivid. However, it is also possible to have brief periods of lucidity during non-REM sleep.

There are a number of techniques that can be used to induce a lucid dream, such as keeping a dream journal and reality testing (checking throughout the day to see if you're awake or dreaming).

Dream is good or bad:

In most cases, dreams don't affect sleep. Dreaming is part of healthy sleep and is generally considered to be completely normal and without any negative effects on sleep. Nightmares are the exception. Because nightmares involve awakenings, they can become problematic if they occur frequently

Most people need seven to eight hours of sleep to feel well-rested and energized. Sleep without dreams is the most restful sleep

People who are not having REM sleep may be tired, they may be sleep-deprived, and they have very wide fluctuations in how they're feeling

A man can live without anything but can't without dream.it's a wonderful medicine for all problems.it may be positive or negative sometimes it may give happiness or sometimes give sadness.