Our dreams are a combination of thoughts, emotions, images & visions that occur during a night of sleep. Dreams can be logical or illogical in nature & most often take place during REM sleep. There is no known reason to why we dream but there are many proposed theories. Although there is a lot of dream research conducted it is still a very mysterious topic. The first topic was suggested by Jung: that dreams are the expression of the psyche, sexual & non-sexual. They are important tool to help us learn about ourselves. Next was proposed by Freud, who claimed, “dreams are the royal road to the unconscious”. Dreams represent our unconscious fears, thoughts & desires through a symbolic language. Some people claim that dreams are predictive in nature. They may prepare us for future treats & are referred to as “precognitive dreams”. Dreams may simply be random firings of our brain during the night that cause random thoughts, emotions, images & visions with no underlying meaning or purpose & this time period just acts as a “break” period for your brain. Finally, some studies suggest that dreaming is vital for learning & memory. When we dream we replay the day’s past events & decide which memories are important to keep & which can be forgotten. Dreams may improve the skills we learned that day.

Factors That Affect Our Sleep

After surveying our class, the majority of students voted that stress was the number one factor affecting their sleep. Being kept awake due to the influence of various stressors can seriously impact our circadian rhythms. Cramming for a final exam, relationship complications, & family struggles can all create extra stress in our lives that impacts our sleep.

Sleep Art

“Sleep Art app captures movement and sounds from your sleep and converts them into digital brush strokes”

Hannah’s Sleep Art

Sleep Wordles Before & After

Sexually expressed feelings, thoughts, emotions & memories
A means of getting in touch with our subconscious
Predictive and prepare us for threats
Random thoughts, images, and ideas with no underlying meaning
Stimulate learning and facilitate memory

A royal road to the unconscious
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Dream Theories

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Predictive and prepare us for threats
Random thoughts, images, and ideas with no underlying meaning
Stimulate learning and facilitate memory

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