There are many different ways that humans can dream. Usually, dreaming occurs during the REM stage of sleep, but it can also occur in non-REM. Nightmares are unpleasant dreams that leave you feeling stressed and anxious. These happen during the REM stage, and are more common in young children. Dreams can be present repeatedly, called “recurring” and they could be reflections of our anxieties, or just a warning of something predictive in the future. Black and white dreams exist typically in older adults, which is a relation between what media types they were exposed to at a young age. We can also dream while we are awake in “daydreams,” seen as a pleasant distraction from reality.

**Lucid Dreaming**

**What is a Lucid Dream?**
- A dream in which you are aware that you are dreaming.

**How to Lucid Dream:**
1. Lucid dreaming inducing masks
2. During the day, perform reality checks so that when you dream you will do said reality checks and realize you are dreaming.
3. Keep a dream journal.

Our electronics emit blue light which inhibits the body’s production of melatonin. Melatonin is the hormone that is responsible for making you drowsy.

**Solutions:**
- Blue light goggles
- F.lux (program that filters blue light from electronic screens).

**Sleep Tracker Alarm Clock**

App: “Sleep Cycle Alarm Clock”

**What are Sleep Cycles?**
During sleep, a person goes through sleep cycles of five different sleep stages. With each stage, the depth of sleep increases until a person reaches the fifth stage called REM sleep. A full sleep cycle lasts 90 minutes and is normally repeated several times each night.

**How Does it Work?**
To use this app, you must place your phone on the bed beside you. This app then analyzes your sleep cycle by the movement it senses on your bed. It attempts to wake you up while you are in your lightest stage of sleep (within a 30 minute window of when you need to wake up).