



Dreaming



What is it? A Dream is a realistic or a symbolic representation of a current experience in your life, which is played back in your mind when you are asleep. This 'playback' is often unique, scattered and distorted in some way.

Why it happens? A few theories exist, but the theory most recognized is that dreaming is an aid to regulate emotion: e.g. fears, and to consolidate memory; replaying things from your day to help remember them. Another theory suggests they help the brain predict its own future states. Many believe that a dream is a message from the subconscious mind.

When does it happen? We can dream any time we're asleep, however most dreams, especially vivid dreams, occur during REM sleep when our heart and breathing rates are less stable

Who first studied dream analysis?

Sigmund Freud and Carl Jung are considered the founding fathers of psychoanalytical psychology and have shaped our understanding of modern psychology and mental illness. They both agreed that dreams were crucial for examining the unconscious mind to understand how patients are feeling. However, Freud believed that dreams

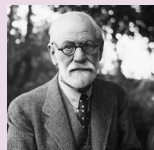


Carl Jung

express a person's deepest aspirations and are frequently associated with some form of sexual desire.

Jung disagreed. He believed that dreams are a way for the

unconscious mind to communicate with the conscious mind. He also believed that dreams are symbolic and can have multiple and subjective meanings.



Sigmund Freud

"Dream is a microscope through which we look at the hidden occurrences in our soul" Erich Fromm

Nightmares

Nightmares are disturbing dreams associated with negative feelings e.g. anxiety or fear, that wake you. Nightmares can be terrifying and have lingering effects even when you're awake. Talking about your nightmare afterwards reinforces your neural pathways, making that nightmare more likely to reoccur. Nightmares are commonly associated with: PTSD, alcohol, stress, psychological disorders and medication withdrawal.

Approximately three years of our lives are spent dreaming!

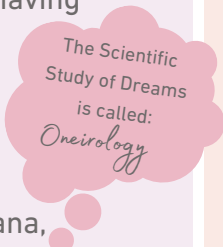
Why do we dream more sometimes?

We tend to dream more when we're stressed or anxious. However those dreams are more likely to be vivid, anxious dreams or nightmares.

Early pregnancy is also a catalyst for vivid dreaming, alongside taking certain medications and having sleep disorders.

Why do we dream less sometimes?

We may dream less if we have issues with REM sleep, get disturbed sleep or have depression. Caffeine, alcohol, marijuana, psychiatric medication and sleep medication may affect REM sleep, which may impact dreaming.



What is dream analysis? Dream science, or **Oneirology (pron: ON - IY - ROLOGY)** has significantly advanced in the past couple of decades but there is still much more for us to learn about this subject. Many people believe that dreams give us insight into our subconscious mind, believing that what we dream can give indirect insight about our state of mind, a worry or a fear. Psychiatrists Freud and Jung agreed! They wrote books about dream analysis and both used 'Dream-Work' as a form of analysis in their work with patients. However, there is no definitive catalogue of dream meanings and dream analysis can be highly subjective and ambiguous. Nevertheless, if you can gather your dream information well, you may well gain fruitful insight into how you are feeling.

What are the different types of dreams?

Daydreams are 'mind drift' interludes or diversions that our brains need to tune out the "outside" world. In this alpha wave state, our thoughts flow freely and this aids mental relaxation and exploration and eases anxiety and stress.

Epic Dreams are highly vivid, memorable dreams, profound in nature, with long-lasting repercussions and life-changing potential.

False Awakening are dreams, typically experienced during REM, in which the sleeper believes they are awake, but are still asleep. Unlike normal dreaming, these dreams tend to be particularly realistic and are more easily remembered.

Lucid Dreams are dreams in which you are conscious and aware of your consciousness. During a lucid dream, you may be able to control what happens in your dream.

Nightmares are disturbing dreams associated with negative feelings e.g. anxiety or fear, that wake you. Nightmares can be terrifying and have lingering effects even when you're awake. (see more above)

Night Terrors or 'sleep terrors' are episodes of screaming, intense fear, distress and/or flailing while still asleep. They are often paired with sleepwalking. Both are considered a 'parasomnia'; an undesired occurrence during sleep.

Progressive Dreams are a type of recurring dream, but these continue where the last dream left off. They help in exploring options or approaches to a waking life issue and are therefore considered 'problem-solving' dreams.

Prophetic Dreams involve seeing events, images or symbols that predict the future. They have been mentioned since ancient times in stories, myths and the Bible. Christians believe they are messages from God.

Recurring Dreams are repeated dreams. Negative recurring dreams are often experienced (with other symptoms) by people who are under more psychological stress, or have PTSD or GAD. They hint at an underlying mental health issue.

Vivid dreams can seem very realistic and upsetting and can create sleep anxiety. Stress, anxiety, depression or emotional trauma can increase their frequency and prescription drugs can affect their intensity.

Strange dreams after eating cheese?
VERY POSSIBLE!
It's the **Tyramine!**

"The dream is the small hidden door in the deepest and most intimate sanctum in the soul"

Carl Jung

2 Fun Facts

1. Some people say that they dream **only** in black and white

2. Women recall dreams more easily than men

How to analyse your dream ... Little evidence supports the idea that dreams have the same meaning for everyone. However, examining what your dreams mean **TO YOU** can still be meaningful, particularly in a therapeutic context. Researching dreams can give you clues about how you're feeling under the surface or give you a 'tip-off' about something you're unconsciously worrying about. Be aware that dreams can contain echoes from our day, so these may not have any valuable meaning as such. Try to capture the parts that stand out, repeat, or are in a pattern, e.g. colours, emotions, numbers, times, places. If you see a person you know in your dream, ask yourself, what is it about that person that means or represents something to me?

Below are some online Dream Analysis sites that can help you decipher your dreams... but be aware that cultural terminology and spellings will vary, e.g. colour/color, chips/crisps.

Approximately six years of our lives are spent dreaming!

How to capture a dream ... Recalling your dream before it slips away is notoriously tricky because the electrical signals and chemical signatures that create the dream experience usually disappear as you wake.

Here's some tips to help you capture it ...

Ever heard of **'Dream Incubation'?**

Read more here:

<https://www.psychologytoday.com/gb/blog/transcending-the-past/202208/dream-incubation-solving-problems-in-your-sleep>

1. **Say key points out loud** as soon as you wake, e.g. sea, house, dogs
2. **Write key points down** as soon as you wake up - be ready!
3. Stay in **'half asleep state'** for longer, don't jump out of bed
4. Do all of the above **regularly**



Links to Dream Dictionaries

<https://www.dreammoods.com/dreamdictionary/>

<https://www.dreamdictionary.org/>

<https://journeyintodreams.com/dream-dictionary/>

<https://www.psychologistworld.com/dreams/dictionary/>