

# **DREAMS**

People have been very interested in dreams through history. The first documented dreams go back to 300-400 B.C. In the past people looked at dreams for warning and advice. Today still, people believe that dreams can tell you the future, the past and some believe that you can die in your dreams.

Sleep is divided into 5 stages. The dream occurs in the last stage also called REM. These stages repeat themselves all night. This is called the sleep cycle. A fact is that we can have up to 7 dreams on one night.

Everybody dreams, it's just that some remember them, some don't. 4 or 5 times we come to the last stage, but we don't wake up at the moment and so we forget them. 5 minutes after the end of the dream half is forgotten and after 10 minutes 90% is forgotten.

Blind people also dream. The blind who could see before, dream a vision in colours and figures. Those who could never see, dream other senses like: smell, sound and touch.

The dream stages:

## Stage 1

Stage one is mostly described as drowsiness. The brain is not completely asleep. It is more important because it is only then that a person relaxes his muscles. If you wake someone in this stage, he will feel like he didn't sleep at all. Usually it lasts 10 minutes.

## Stage 2

This is when you enter light sleep. The body is more relaxed, and it will go into a deep sleep.

## Stage 3 and 4

By this time you are in deep sleep.

## Stage 5

This is the stage that dreams occur. It is common for this stage that we have rapid eye movement, the heart starts to beat faster and the blood temperature rises. It always occurs after stages 1, 2, 3 and 4, which is about 90 minutes after falling asleep.

Many people believe dreams have meanings and some that it's only a myth. In the past people were amazed about the power they can have over you, and how

much truth is to them. A very interesting type of dream is Lucid dream, where instead of being controlled in the dream, the individual can change things, for instance the place he is in, the people he is seeing and some can even in a way rewind time and do things once again. These kind of people hold great power and control. Most people can have a lucid dream. It usually happens in those dreams that one is aware he is in a dream.

Closely related to dreams is also something called Déjà vu, which is today used in different meaning, but a true Déjà vu is in fact no more than a feeling of similarity, something to be close to you or even the feeling or belief this moment has once already occurred. Research shows that 70% of people had once experienced it, mostly as children up to age of 25. A way of trying to make Déjà vu by force is hypnosis.

We almost never remember dreams entirely, but since a dream is as vivid as real life it leads us to believe we saw in the future, something that fascinated humanity from the beginning. Today people like to associate it with fortune telling and it has influenced many religions.

In the last century many important researching has been done. In 1953 Eugene Asurinsky first discovered the sleep cycles on the University of Chicago. Later another scientist measured the activity of the brain and described so called REM sleep.

Some people have gone crazy overanalyzing their dreams. They interpret them in different ways. Although there are a certain amount of symbols that seem to always mean the same thing for people all the time. For example ...

- ⦿ Vehicles that you ride in usually reflect two things; the direction you are heading in life, and your body.
- ⦿ A child represents to most of us, something new, different.
- ⦿ Death, dying or attending a funeral means a big, very dramatic change.
- ⦿ The building in a dream usually points directly to a specific area of your life.
- ⦿ People most often portrayed in dreams are actually reflections of your own personality traits.

And so on.

If you are interested in interpreting your dreams you can go on internet or library where you'll find a lot of useful information.

I think dreams are very interesting, because we don't fully understand them. I can read thousand books about it, but I don't think I'll ever get the answer of why I dreamed what I did or what does it mean?