



DREAMS

WHAT DO WE DREAM ABOUT?

- Our brain take pieces of memories and put them together into a dream
- Most dreams don't make any sense
- We can fly, jump off a building, or breathe under water



SUPERSTITIONS

- Deep meaning or pile of thoughts
- Some people believe dreams can predict the future
- It was once thought if a person was falling in a dream and hit the ground, they would die
This is not true



NIGHTMARES



- Caused by stress, traumatic events or worries
- Everyone has nightmares.

ADVICE:

- Say "Hey! Get out of here and leave me alone! This is MY dream and I'm waking up now!" It may just work for you!
- For good dreams: While falling asleep, start thinking about a happy situation.

THE BIGINING OF DREAMS

Ancient Egyptian Theories

- Supernatural world.
- Messages from the gods sent as an early warning device.
- Egyptians were the first dreamers
- They published a book



LUCID DREAMING



- Dreams in which the person is aware of everything that he does
- Instructions :
 - Lay on your back
 - Arms at your side and eyes closed
 - You must be awake
 - Your brain will send signals: itchiness, changing your body position...
 - Ignore all of these impulses
 - After that you can open your eyes and you will start hallucinating.

INTERESTING FACTS:



1. Smoke quitters have more vivid dreams



- Among 293 smokers who quit, 33% reported having at least 1 dream about vivid smoking.
- In most dreams, subjects caught themselves smoking and felt panic and guilt

2. Not everyone dreams in color

- 13% of people dream in black and white
- It's unknown why
- Scientist think that the color is dependent of our emotions
- People who dream in black and white are more violent than others



3. We only dream of what we know

- Our dreams are full of complete strangers.

Example:

-If you saw a person you could still have a dream about him although you can't even remember his face.

- In our dreams can also be items

Example:

-your dad's old car can be your transport,
-oldest sister's teddy bear could chase you in dreams.



4. Everybody dreams



- Every human being dreams, even babies
- Man and women have different dreams and reactions
- Men dream more about other men
- Women tend to dream equally about men and women

5. Blind people dream



Blind People

- After birth: can see images in their dreams
- Born blind: don't see any images, but have equally amount of involving their other senses and emotions

DREAMCATCHERS

- Native American cultures believe in catching their bad dreams with a handmade amulet
- Willow hoop, on which is woven a loose web.
- The dreamcatcher is then decorated with personal items such as feathers and beads.



