

Dream Interpretation & Meanings - Dream Related Questions

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What is the average amount of dreams a person usually has in one night?

The average person has about 3 to 5 dreams per night, but some may have up to 7 dreams in one night. The dreams tend to last longer as the night progresses. During a full 8-hour night sleep, two hours of it is spent dreaming.

Is it unusual for an individual to have multiple dreams during the course of one night's sleep?

It is not at all unusual for a person to have more than one dream per night. In fact, it is perfectly normal! The trick is remembering all your dreams. Some people have trouble remembering one single dream, let alone multiple dreams.

Does a person dream all night? If not, when do they?

No, a person does not spend the entire night dreaming. A person spends about two hours in the dream state per night. A person moves through the four stages of the sleep cycle throughout the night. In the final stage of the sleep cycle (referred to as REM sleep) is where dreaming occurs. Each cycle of sleep lasts anywhere from 60-90 minutes and then will repeat itself throughout the night.

Would you please tell me why people do not dream?

Everybody dreams! This is a scientifically proven fact. Research has shown that all human beings in a study showed brain activity during their sleep. Just because you cannot remember your dreams does not mean that you do not dream. So why is it that some people don't remember their dream? This may be attributed to alcohol consumption, certain antibiotics, fever, lack of sleep, high levels of stress, and/or unconscious fears about the content of your dreams. Some researchers believe that certain people have a genetic disposition to forget their dreams as they come out of their sleep.

Do children's dreams mean the same as adults? If not what is the difference?

Dreams often reflect our experiences and life concerns. For this reason, children's dreams are different than the dreams of adults. The dreams of young children (3-5 year olds) usually have no real story line or any strong emotional content. Children around this age also frequently experience nightmares relating to their fears (strangers, monsters, loud noises, etc.) By the time children reaches their teen years, their dream patterns are matched closer to that of adults.

Is it true that some dreams can predict the future?

There is no scientific proof that dreams can predict and foretell the future. Yes, many people have had dreams that eventually came true afterwards. This can be explained in how we unconsciously gather little information here and there and when you have a dream, it puts together all this unconscious information before you are consciously able to do so. In short, you unconsciously already know what was going to happen and it only appears as if the dream had predicted the future. Another explanation is that such dream are mere coincidences or is the faulty memory of the dreamer.

Why do you think that we have dreams?

This is still an unresolved topic amongst researchers as to the reason we have dreams. One theory suggests that dreams serve as a means for cleansing and release. During the day, we may hold back our feelings and repress our anger. Thus dreams serve as a safe outlet for us to release our negative emotions. Another theory says that dreams is a biologically necessary aspect of sleep. Research has shown that people who were prevented from entering the dream state and woken up before they can dream were more easily irritated, jittery, and performed far below average. I believe these are two theories summarize why we dream.

Do dreams have any significance?

Yes dreams have a significance. The images in our dreams always contain hidden meaning which goes far beyond the outer appearance. The language of dreams is symbolic and are not to be taken literally. The significance of dreams is personal and dependent on your own personal experiences. However, there are many universal symbols.

What causes or why do some dreams keep repeating themselves?

Dreams that recur (or repeat themselves) is a clear indication that some issue is not being confronted or that it has not yet been resolved. Your anxieties about a certain situation that you are struggling with may also cause you to have recurring dreams.

Do we dream in black and white or color, or does it mean anything if we dream one way or the other?

Most people do dream in color, but some may not notice colors in their dreams. Because color is such a natural part of our visual experience, we sometimes overlook colors in our dreams. Another reason may have to do with how our dreams fades so quickly from our memory upon waking that when we may be able to recall the dream in shades of gray. However, the dreams that are in black and white can be an indication of a depressed or sadden mood.

I heard from a friend that the more senses you can experience in dreams (colors, smell, etc), the greater your intelligence is in general. Do you know anything about this?

I have never heard that the more senses you experience in your dream is correlated with your intelligence. The way we process our senses varies from individual to individual and does not necessarily have to do with intelligence. However, it is correct to say that most people recall the visual and auditory aspects of their dreams. Touch, smell, and taste tend to be secondary unless it happens to be a central component of the dream. Or unless the person is visually impaired, In this case, sense of feel and/or smell will be dominate.

Do animal dreams?

Similar to humans, all other mammals exhibit the same brain activity during sleep. But the extent and nature of their dreams is another questions.

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