

Download Night Night Life Night Language Sleep And Dreams

Dreams are the stories the brain tells during sleep—they're a collection of clips, images, feelings, and memories that involuntarily occur during the REM (rapid eye movement) stage of slumber. Whether you remember them or not, dreams are a normal part of sleep. Everyone dreams for a total of about two hours per night, and dreams can occur during any stage of sleep, although they're most vivid during the REM phase. Sleep timing depends greatly on hormonal signals from the circadian clock, or Process C, a complex neurochemical system which uses signals from an organism's environment to recreate an internal day–night rhythm. A dream is a succession of images, ideas, emotions, and sensations that usually occur involuntarily in the mind during certain stages of sleep. The content and purpose of dreams are not fully understood, although they have been a topic of scientific, philosophical and religious interest throughout recorded history.