

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. 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. Most people dream 3-6 times per night, although many people will not remember dreaming at all. This article looks at some of the recent theories about why people dream, what causes them, what ...