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ENG 1101

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Source Entries

1.

What Happens in the Brain When We Dream?

Burke, Carolyn. "What Happens in the Brain When We Dream? " Brain World." *Brain World*, 31 July 2019, brainworldmagazine.com/what-happens-in-the-brain-when-we-dream/.

This article talks about how the brain functions while we dream. The limbic system in your brain plays a huge role while we dream. It is located in the center of your brain and is responsible for emotions while we are asleep and while we are awake. The most active part in the limbic system is the amygdala. If you experience a nightmare, the amygdala makes us feel fear, and aggression. The cortex is another part of the brain that located at back of the brain which is also active during dreams. This is what helps us actually see what's going on in our dreams. Many scientists still haven't found out why we dream, but many people do think that dreams can symbolize many things. It can be memories you once had or they may have a meaning.

While reading this article, I was very surprised on how the brain works while we dream. It is interesting to know more about the brain. I do believe that dreams have a significant meaning whether it is for myself or someone I know. I have had many dreams that were memories and dreams that were warnings for my future self. Many people may not believe this, but I certainly do.

These are the quotes that stood out to me the most in this article:

"Because nightmares are so common among those with PTSD or who have suffered trauma, the assumption is that some memories are just too intense to be easily integrated, triggering the fear response."

"Although dreams are fascinating, and psychologists and scientists have devoted years to uncovering the meaning and purpose behind dreams, the fact remains that no one really knows why we dream."

"One [sleep expert](#) likens dreaming to psychosis, as during dreams we hallucinate and lose touch with reality, having wildly swinging emotions. We become disoriented, without any sense of time or place."

2.

Lucid Dreams

Pacheco, Danielle. "Lucid Dreams." *Sleep Foundation*, 26 Aug. 2020, www.sleepfoundation.org/articles/lucid-dreams.

In this article, I read about lucid dreams and how they work. A lucid dream is a dream where the dreamer is aware that they are dreaming. Lucid dreamers may control what goes on in their dreams. Roughly 55% of adults experienced at least one lucid dream. 23% of people experience lucid dreams once per month. Some studies show that lucid dreaming can impact mental health. People who are diagnosed with narcolepsy, a sleep disorder, are more likely to experience frequent lucid dreams. Researchers believe that the prefrontal cortex of the brain is the source to lucid dreaming. Other studies show lucid dreaming takes place during REM, which is rapid eye movement. I have learned that there are many ways researchers study lucid dreaming. Some techniques are: Reality testing, Mnemonic induction of lucid dreams (MILD), and more.

While reading the text, I have learned a lot more about lucid dreams. A few people I know have told me about lucid dreams and how they work, but I always thought it wasn't real. I still have questions like: What is REM? What age can you start have lucid dreams?, and Could there be any drugs that stimulate lucid dreams? What are the different stages of sleep cycle?

Here are some quotes that were helpful:

"In sleepers who have been observed during lucid dream studies, prefrontal cortex activity levels while they are engaged in lucid dreaming are comparable to levels when they are awake."

"While normal dreams can occur during different [stages of the sleep cycle](#), studies have shown most lucid dreaming takes place during rapid eye movement (REM) sleep."

3.

9 Common Dreams and What they Supposedly Mean

Cherry, Kendra. "9 Common Dreams and What They Supposedly Mean." *Verywell Mind*, 6 Apr. 2020, www.verywellmind.com/understanding-your-dreams-2795935.

A large amount of people believe that dreams have a meaning for themselves or for others. 43% of Americans believe that dreams show certain desires and wishes. Sigmund Freud described dreams as a road to the unconscious which can lead to signs

of neurosis. Some of the most common dreams that almost everyone has experienced are dreams about: falling, being naked in public, being chased, losing teeth, dying, taking tests, infidelity, flying, and pregnancy. Many of these dreams have a meaning that can help with your future or it can help with what you're dealing with at the moment. There can also be one dream that can have many meanings.

While reading this article, I have related with most of these dreams. I have always known that dreams have a meaning. Many of the dreams I've had were warnings for the future that were actually true. Some things I would like to know is How do people know the meanings of dreams? I would also like to know more about Sigmund Freud.

Some quotes are:

“According to many popular dream interpretations and at least one study, falling dreams are a sign that something in your life isn't going well.”

“Loewenberg also believes that dreaming about the death of a loved one can reflect a similar fear of change, especially with regards to children reaching milestones and growing up.”