



dreams

360° video/infografika

you see only familiar faces

Our brains are active throughout the night. But after we wake up, we often don't remember much about our dreams.

We dream most vividly during Rapid Eye Movement (REM) sleep

Some of our sleep has vivid, structured thoughts - or dreams. These occur during a stage of sleep that is called REM sleep. REM sleep occurs in short episodes across each night each about 90 minutes apart. Our longer dreams are in the morning hours.

We are specially wired not to act out our dreams

During REM sleep many of our muscles relax completely and this prevents us acting out our dreams. If this system doesn't work properly we may try to act out our dreams, especially if the dreams involve strong emotions.

Many dreams are bizarre because part of our brain shuts down

When we are awake the front part of our brain controls how we make sense of the world. This shuts down when we are dreaming. Because of this, the dream can include ideas that normally do not go together.

Most dreams relate to recent awake

Dreams are often linked to real life events from the past. Usually these are events or thoughts from one to two days before the dream.

We dream in pictures

About two thirds of dreams are mainly visual, with fewer that involve sounds, movement, taste or smell. Colour is only in about a third of all dreams. It has been said that when we are awake we think in ideas, but when asleep we think in pictures.

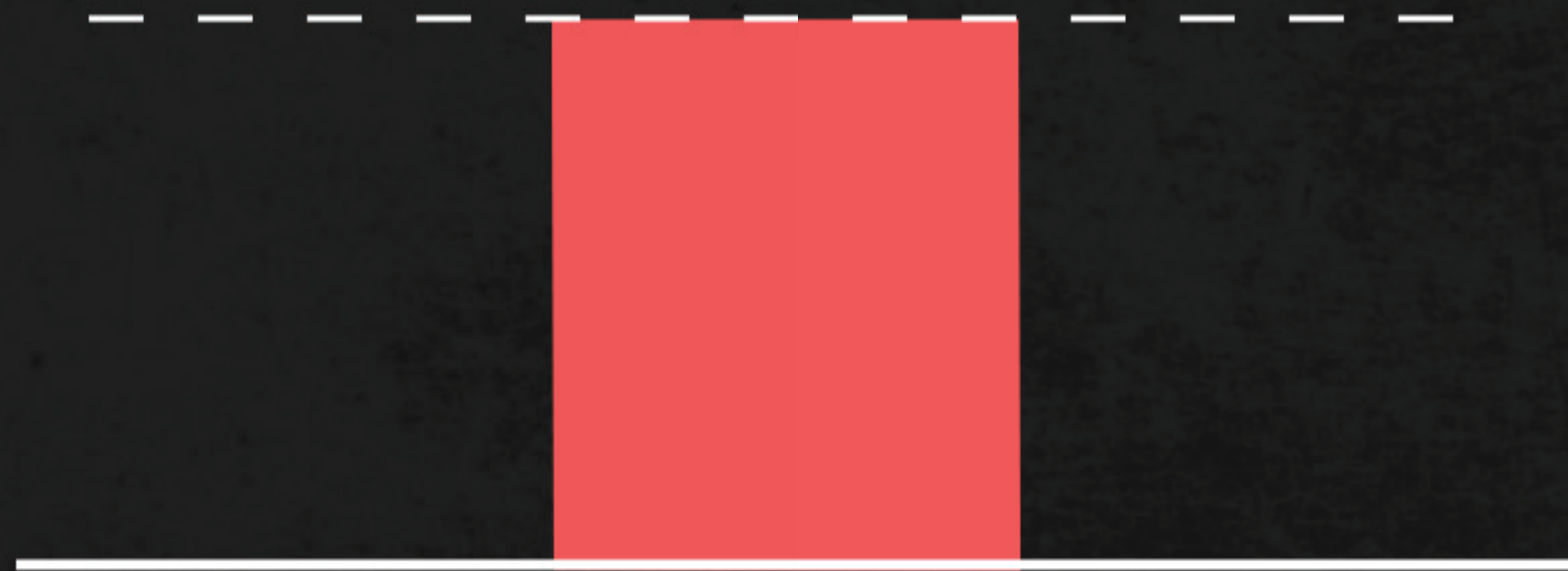
you forget 90 % of your dreams

jednoduchost

příliš

akorát

málo





vizuál

<https://youtu.be/8KitlgEWwYo>