

Session Duration by Dream DNA Personality Type

Dream DNA Personality Type

Error bars: ± 1 SD

Guardian of Totems
(n=15)

Radiant Storyweaver
(n=17)

Melancholic Dreamwalker
(n=7)

Vigilant Dreamer
(n=6)

Shadow Explorer
(n=9)

Radiant Dreamer
(n=18)

Reflective Dreamer
(n=27)

Seeker Dreamer
(n=16)

Balanced Dreamer
(n=1)

(n=31)

12.0 min

6.8 min

51.1 min

45.3 min

45.0 min

44.5 min

39.3 min

39.2 min

37.3 min

31.6 min

One-way ANOVA:
 $F(8,137) = 27.85$
 $p < .001$ ***

Average Session Duration (minutes)