We propose a model in which dreams serve as the brain's natural mechanism for recycling informational fragments that have lost relevance or coherence within the waking memory framework. Unlike ordinary thought, which relies on logical structures and experience-based processing rules, dreams abandon these structures entirely. The dreaming mind processes information without needing to respect the causal rules of reality.

This explains the chaotic, surreal, or often contradictory nature of dream logic. It is not that the brain is compressing information, but rather that it is releasing unstructured fragments —"junk data"—through symbolic or random recombination. These fragments, once expressed, are erased or reintegrated more efficiently.

Nightmares, according to this model, are a special case. They emerge when the brain attempts to purge fragments associated with emotional trauma or deep-seated anxiety. For individuals with rigid mental frameworks or overwhelming stress, these fragments accumulate until they force their way into dream content. Children are more prone to nightmares because they are still developing mental rules and emotional boundaries. The elderly, having reached a higher level of acceptance and cognitive integration, dream less or more peacefully.

Dream content is shaped by unresolved memory traces, not by conscious will. When dreams do reference memories, they often recombine familiar elements in grotesque or strange ways—similar to how AI-generated images blend incompatible parts. In this sense, the brain uses dreams not to store knowledge, but to free up space by creatively eliminating cognitive leftovers.

Thus, dreams may function less as windows into our desires or the unconscious, and more as the mind's own nightly recycling center.