

# Dreaming in the night - how you rest, sleep, and dream

## F. Watts - 9 Things You Probably Didn't Know About Dreaming



Description: Examines dreaming as a neurological function and describes in simple terms the length of dreams, their significance, and the changes in the nervous system and the body during sleep.

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Sleep

Dreams

Sleep -- Physiological aspects -- Juvenile literature

Dreams -- Juvenile literature Dreaming in the night - how you rest, sleep, and dream

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The Body in action Dreaming in the night - how you rest, sleep, and dream

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### Vivid Dream Causes: Why They Happen and How to Stop Them

Maybe it indicates being afraid to confront your boyfriend or girlfriend with these issues, and dealing with them. Dreaming about a sleeping bag.

### How To Remember Your Dreams In The Morning By Doing These 5 Things The Night Before

On average, humans experience one of these visions around three to six times per night. However the realism can be shocking in hindsight - which is why people don't often recognize false awakenings while they occur.

### The Stages of Sleep

Brightly lit screens can trick your brain into thinking it's morning and interrupt your sleep cycle.

### Why Are You Dreaming So Much?

Now, a recent study suggests that one particular type of sleep may be especially important when it comes to how the brain responds to stressful situations.

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