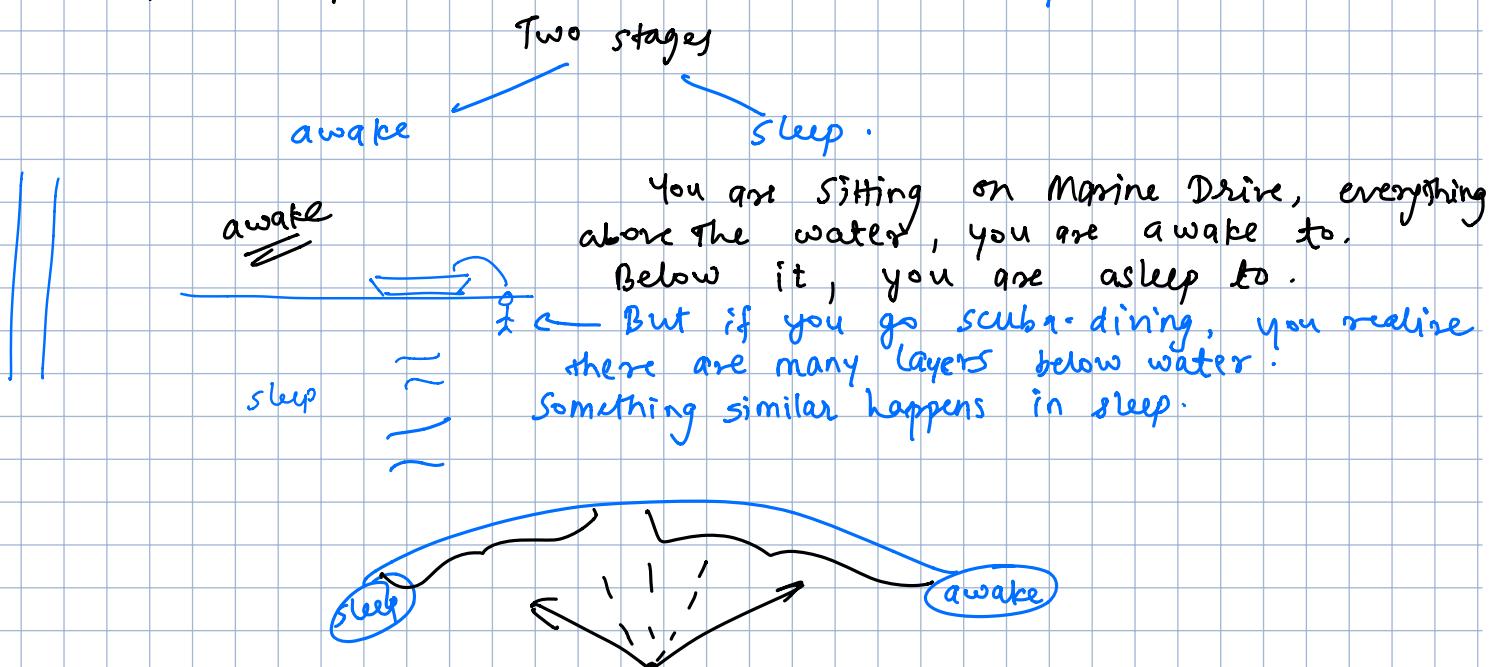


DREAMS

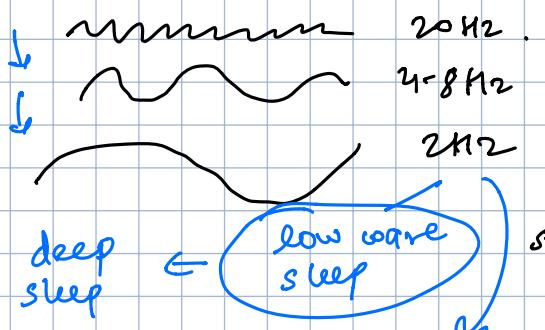
- Most of us have dreams but no one can explain it. This is an integral part of everyone's life and is a curious subject.
 - Dreams have always been a part of ancient humans as well - like in Egypt. Every civilization has a different theory around it.
 - They think it's God talking to them.
 - Dreams are a preview of future.
 - superstitions around morning dreams.
 - Sigmund Freud said dreams are a reflection of your subconscious.
↳ 1894. Fantastic Guy.
 - Characteristics = visual pattern, cinematic, movie like, first person - third person view
 - You don't think of the beginning of the dream within the dream.
 - You think about it after waking up.
 - People can meet anytime, anywhere, you can transport everywhere. You don't even question it. No concept of time and space.
 - There are emotions.

When do you dream? SLEEP. You need to understand sleep to know dreams.



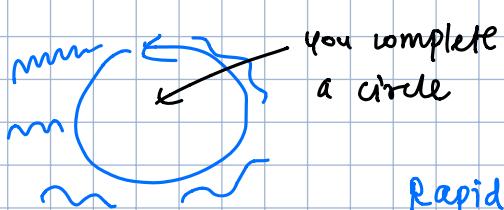
In the spectrum of sleep to awake, many things happen in brain. In the awake state, neurons constantly talk to each other. Neuron activity is very high. But in sleep, it's low. This can be proved by EEG waves.

which measure brain activity. Just like an ocean, at the top/exterior there is very high wave activity, but deep ocean is calm.



frequency of brain waves goes on decreasing from awake to sleep.
Why is this not an instant switch? From awake to sleep?
↳ Evolutionary instinct of animals being aware for some time subconsciously before sleep.

what happens if we go below it? Brain activity can't be zero. The surprising thing that happens here is - The brain activity starts increasing here -



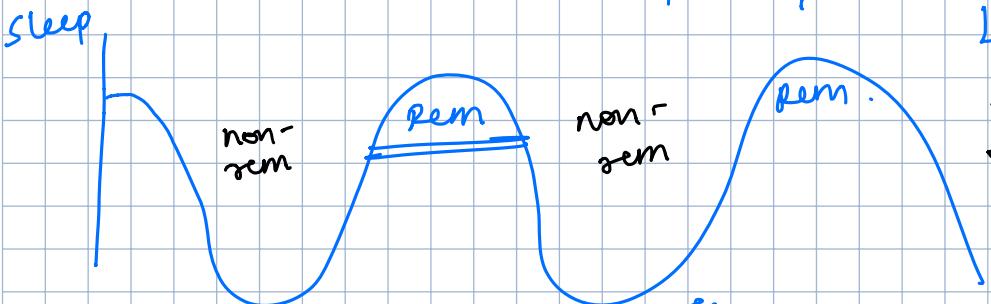
As you go down, you complete a circle. Body is in a paralyzed state. The only part of the body that's moving is your eyes.

Rapid Eye movement (REM) sleep.

↳ Dreams

→ Every night, you go through this cycle of non-REM and REM sleep.

You dream in REM cycle.



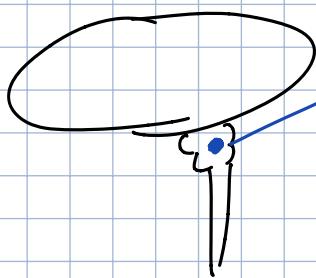
If you wake up during a REM cycle, you most likely will remember the dream.

People who say they don't have dreams, most likely don't remember them because they wake up during non-REM cycle.

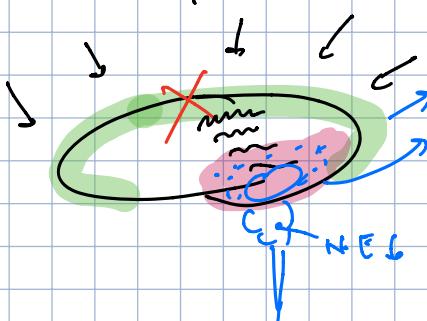
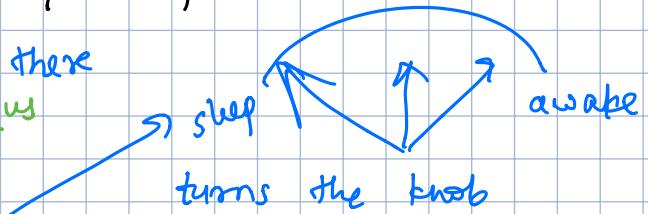
Every time you go into a REM cycle, your dreams might change or you get a recap of your previous dream and it continues.

Avg REM / N-REM cycle is 90 minutes.

The duration of REM is higher in deep sleep.



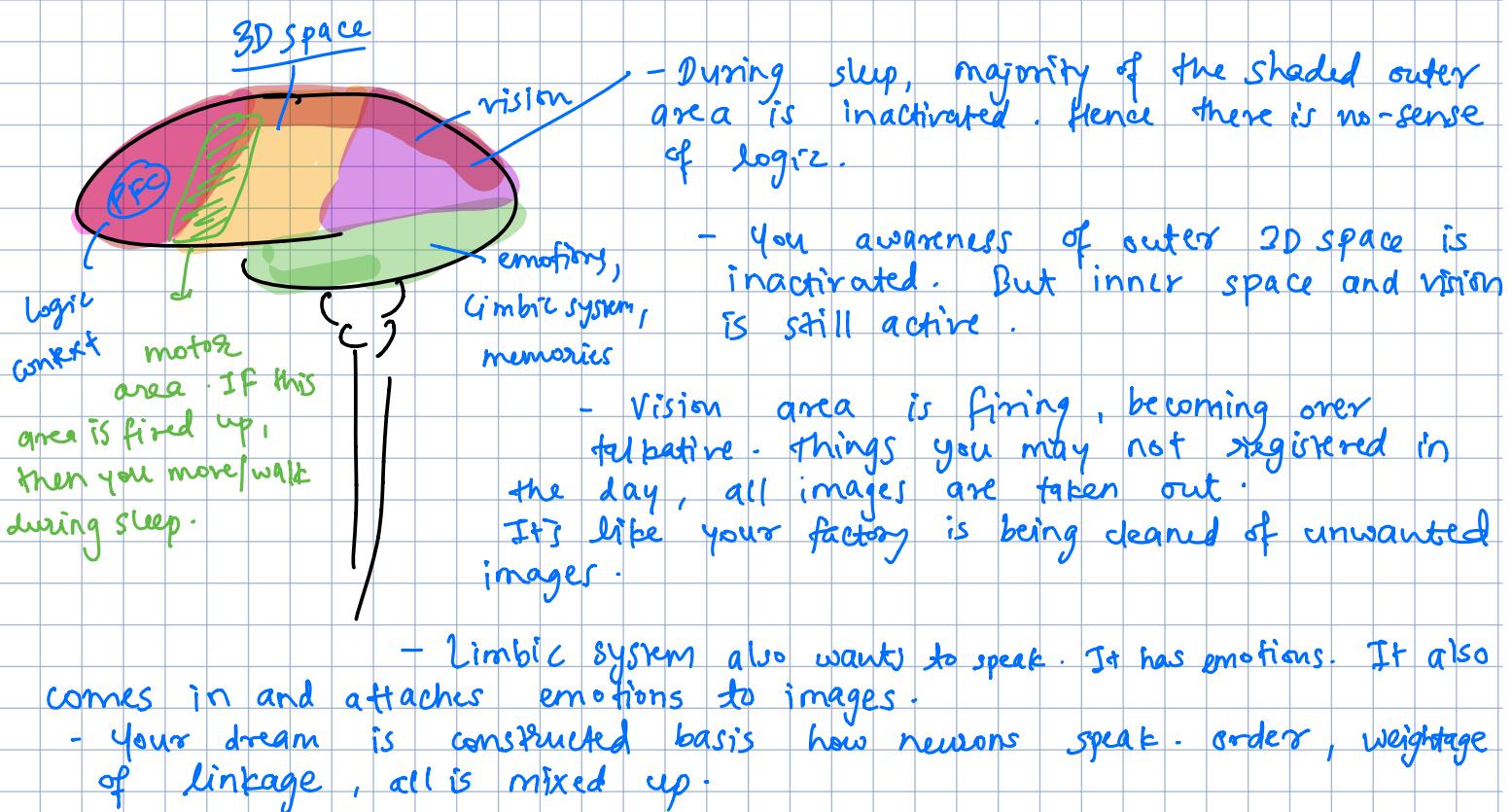
In the brain stem, there is locus coeruleus
has a hormone called Norepinephrine



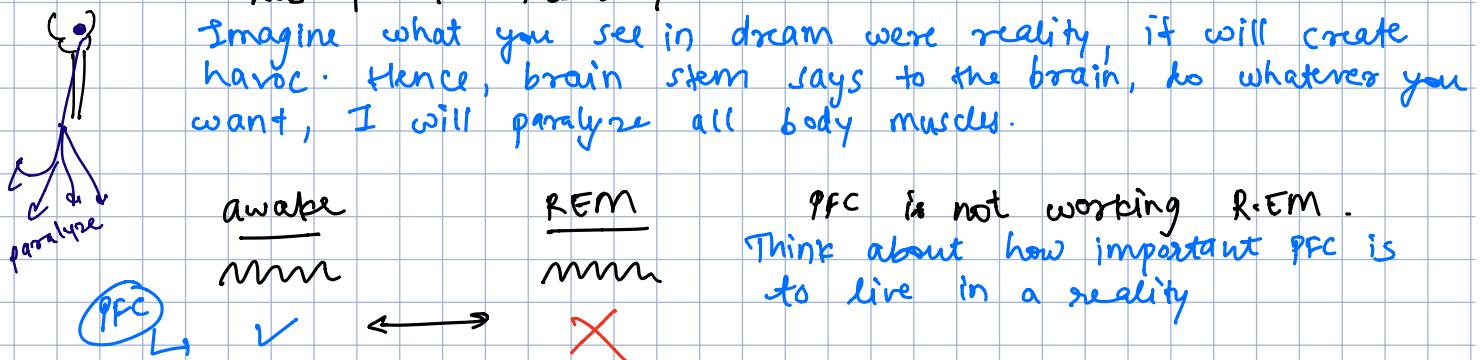
During sleep, the outer layer of the brain gets cut off.

This part gets activated (like once a factory is closed, in the night, the workers of the factory start talking to each other)

which part talk to each other?



Sleep Paralysis - Motor cortex gets activated and wants to move but brain stem has paralyzed the body.



Lucid Dreaming →



You try to wake up your PFC while sleeping but you force the PFC to look inwards instead of outwards. You can now control your dream and move around. It is like a superpower!