



DREAMS

By: Debbie Wells

Research Question

Would sleep be affected if there were no dreams at all?

Yes, yes it would, because sleep is part of the sleep cycle, and you can't sleep without dreams.

How Dreams Happen

- ***When you dream, they mostly occur during the Rapid Eye Movement (REM), sleep stage.***
- ***“Dreaming is a symbolic language designed to communicate your inner wisdom, while you are asleep.”***

Why Dreams Are Important

- Dreams tell you who you are.
- Going for your dreams makes life more pleasant.
- Going for a dream, (eventually) makes standing in your skin a lot more comfortable.

Why Dreams are Important

- Dreams relieve stress, because you get a break from day-to-day life, and in your dreams, you can do whatever you want to do, since they are magical.



Weird but True

- **Everyone dreams, NO MATTER WHAT!! Even Blind people.**
- **Dreaming can predict the future.**
- **Dreams are a glimpse of who we are from the inside out.**
- **Dreams are unconscious worlds that people travel to in their sleep.**

Weird but True

- **The average person has about 1460-2190 dreams every year.**
- **When you dream, your body is paralyzed.**
- **Every face you've seen in your dreams is a face you have seen in real life.**

What Happens While You Sleep

"Depending on how long you sleep, your body goes through 4-6 cycles a night, and the REM stage gets longer with each sleep cycle."



Interviews

- The amount of dreams remembered every week, varied from 2-6.
- 6 out of 7 people love to sleep.
- 5 out of 6 people have dreams that predict the future.



Interviews

Lily:

“Dreams encourage you to do things, and to do something you haven’t done before.

Celeste:

“Dreams affect the sleep cycle, and help people sleep.”

DREAM EXAMPLES

BRIDGET:

**A BLUE CAT WITH WHITE GLOVES,
AND SUNGLASSES ATE HER SISTER.**

MICHAELA:

**IN THE 1800'S, SOMEONE STOLE
HER BUNNY.**

CELESTE:

SHE GOT A PET UNICORN.

Fun Facts



- ***A dream is a series of sensations, images, or thoughts that pass through a sleeping person's mind.***
- ***Dreams provide a bridge between our conscious world, and unconscious life.***
- ***Dream used to be known as messages from the Gods.***

Fun Facts

- **People forget 90% of their dreams.**
- **In your dreams, you only see faces that you know.**
- **Dreams are symbolic.**
- **Animals dream as well.**
- **If you are snoring, you cannot be dreaming.**

Thanks for Watching!!

