

Are your dreams more vivid & unusual now?

You are not alone—More than 77% of Americans are experiencing disruptive sleep now. Go to Warren Psychiatric Consultants webpage, click on learning about mental health for more about dreaming.



Dreaming is a nightly event during REM sleep which occurs about every 90 minutes. Dreams help you deal with stressful information and can be referred to as “housecleaning” of the brain”. Reasons for more disruptive dreaming now include anxiety about the virus, worry about loved ones, loneliness, and inconsistent sleep schedule due to disruption of usual schedule.

Dream incubation is the purposeful thinking about having a specific dream for recreation or problem solving. Basically it is thinking and visualizing the dream before you go to sleep. For some individuals visualizing is difficult so you could look at picture you want to dream about or place an object that represents the desired dream on your bedside table.

If your dreams are disrupting your sleep or frightening or you simply want to understand the dreams more, you may want to schedule short term counseling.

Watch this short video for more information about why we dream

WHY DO WE DREAM? – YouTube

<https://www.youtube.com/watch?v=LYKp09rcvIc>