

## THE ESSENCE OF SLEEP AND DREAMS IN HUMAN LIFE

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### ABSTRACT

Today, many studies prove that sleep is an integral part of human life. A lack of healthy sleep in the population negatively impacts health, well-being, safety, and even education. And the world is facing a real pandemic of insomnia. Dreams play a major role in sleep and every dream has meaning.

**Keywords:** Sleep, REM sleep, dreams, dream images, diseases, feeling, memory, sign.

### АННОТАЦИЯ

Сегодня множество исследований доказывают, что сон является неотъемлемой частью жизни человека. Отсутствие здорового сна у населения негативно влияет на здоровье, благополучие, безопасность и даже образование. И мир столкнулся с настоящей пандемией бессонницы. Сны играют важную роль во сне, и каждый сон имеет значение.

**Ключевые слова:** сон, быстрый сон, сновидения, сновидческие образы, заболевания, ощущения, память, знак.

"Sleep is a direct path to self-awareness" F. Perls

Sleep is a physiological state that occurs periodically in humans and animals. In this case, physiological processes are somewhat slowed down and the best conditions are created for the recovery of the body's ability to work, for example, the central nervous system.

Sleep is one of the main components of our life. He is the head of waste energy recovery. A manager that normalizes metabolism and strengthens the immune system. If we take 90 years, we spend 30 of them sleeping. Too much right? It reminds me of the fairy tale "Sleeping Beauty". I wonder what he dreamed about for a long time and did he remember any stories? But the author did not describe this event. Therefore, I suggest that you and I independently enter the world of dreams and dreams.

Thus, sleep consists of two main parts: slow and fast sleep. These stages alternate with each other. During slow-wave sleep, heart rate slows, blood pressure drops, breathing becomes less frequent, and body temperature drops by a few tenths of a degree. This type of sleep is more common in adults and REM sleep in children.

REM sleep is characterized by maximally relaxed muscles, and the encephalogram resembles a picture of wakefulness. Doctors say that in healthy adults, REM sleep accounts for 20-25% of total sleep time. When waking up at this very moment, many people remember emotionally rich, vivid dream pictures.

Dreams are the secret world in which we find ourselves when we go to the realm of the god Morpheus. In this world we can travel, fly, meet people and amazing creatures. Thus, our psyche receives the emotional and physical experience that it lacks in reality. For example, you

were forced to stay at home for a week due to illness, but you wanted to go to different events and stay active. And in a dream, you see yourself rushing somewhere, dancing or actively participating in public. There is a certain compensation for inactive reality.

We get into bad situations from time to time - we arrange things, we quarrel. This may mean that aggression is forbidden, and with the help of sleep, this feeling is released. Thanks to dreams, we realize fantasies and dreams that we would never dare to realize in life, and in our dreams we experience these feelings with minimal risk to ourselves. By making negative explosions and letting off steam, the psyche saves us from breakdown and psychosis, but sometimes our psyche comes to us in the form of a postman and constantly brings letters - signals in the form of recurring dreams.

Recurring dreams deserve special attention. They are clear evidence that your psyche is trying to convey something important. It is not uncommon for people to dream about trying to communicate (think about who you want to communicate with, what person or part of yourself you want to communicate with, and what you want to say). Often, dreams about exams (tests, answers to homework, but we are not ready, we forgot something, etc.) indicate the beginning of a new phase in our life, and we are worried about whether we will succeed or not. Difficulties. Images in a dream can also be related to the processes that occur in the human body, they can predict, for example, that a person is sick. Dream images are often very metaphorical and clearly show what happens to us in real life (if you dream that you are bending under a heavy load, you can take on a lot of responsibility in life).

Sigmund Freud, the founder of psychoanalysis, suggested using the method of associations to interpret dreams. It is true that Freud saw behind all dream images a suppressed, usually sexual desire.

Carl Gustav Jung took a broader path and introduced the concept of "archetype" - collective universal behaviors or motives that originate from the collective unconscious and are the main content of religions, mythologies, myths and fairy tales. He believed that when decoding a dream, it is necessary to dynamically move from reality to imagination and back. It is up to the owner of the dream to isolate and interpret the most striking symbols.

Everyone knows that an average person sleeps 7-9 hours a day, which is a third of his time. Of course, there are those who need very little sleep: 4-6 hours. Changes in the amount of sleep required are naturally associated with age and ontogenetic development. Age-related changes in sleep also occur during infancy, adolescence, and old age (you may have noticed that babies sleep almost constantly, while older people suffer from insomnia). History also knows cases where, as a result of a brain injury or disease, the need to sleep has disappeared without harming a person's health. However, dreams make our life more colorful and mysterious. Dreams in psychology (the psychology of dreams and dreams) are one of the ways of a person to himself, his unconscious, his personality, his body.

Sleep psychology, unlike many superstitions and dream books that interpret dream images without reason, looks for scientific evidence to explain the meaning of dreams that a person sees. The psychology of sleep also speaks of some general trends, but dreams must be interpreted individually in each individual case. Dreams are very individual. According to the psychology of sleep, everyone can learn to understand and interpret their dreams (psychology of dreams and dreams), and the ability to work with the client's dreams becomes a very useful

and effective tool for the psychologist and psychotherapist. You can learn more about what dreams mean in psychology from the articles "Sleep psychology: dreams are an effective way to know yourself" and "Sleep psychology: features of psychoanalytic interpretation of dreams".

Friedrich Perls, the founder of Gestalt therapy, added to this knowledge and clarified it:

"When trying to interpret a dream, try at least to consider all the faces that appear in your dream and all their characteristics as projections - that is, as part of your personality. After all, you are the producer of the dream and put it on Him everything must be within you, only then will you be able to realize this dream."

Below I will give several step-by-step options for solving dreams yourself.

As for my recurring dream, I found out what it was about and even found this place in my city. The cemetery where my family took me as a little girl for funerals and memorial days left an indelible impression on the child's psyche. A common theme over the years has been the fear of death (which we'll talk about in a later article) and the theme of running away from life. The bird of understanding was caught and the dream was never repeated.

What helps us understand our subconscious messages?

1. Practice lucid dreaming. Determine your intention to sleep and please go to bed - what question do you want to answer? And do not forget to put a notepad with a pen at the head of the bed. Dreams disappear very quickly, so try to write immediately after waking up. Without trying to think, complicate, or reason logically, describe the dream as it happened. The unconscious communicates with us like a three- to five-year-old child - using simple words and concepts. Observe your body sensations, how you came out of this dream, what you experienced - fear, curiosity or excitement. And another recommendation: if you dream of something like this and want to unravel the symbolism of the dream, you should clearly analyze what happened to you in the last 7-10 days. Maybe something happened these days that triggered this dream.

2. Try to choose and tell the dream from the point of view of the most interesting character for you, and then, on the contrary, from the point of view of the most distant and obscure participant or object. Answering the following questions: Who am I? what am i What am I doing in this dream? What function do I perform? What do I think about the owner of this dream? What do I want to say to him? This exercise will help you focus on important opportunities that have not been realized before.

Sometimes we are haunted by dreams that leave an unpleasant aftertaste throughout the day. As one of my clients said, "I don't even remember the dream itself, but I still have a bad feeling." Sometimes such dreams become frequent guests. While mosquito bites continue to itch somewhere in the background, they ask for energy and strength. Experienced psychologists, whom you can always turn to for advice, will help you work with them in more detail. In the meantime, I wish you good nights and sweet dreams. See you in the next article.

Often we see different people in our dreams (some of them are familiar to us, others not), as well as mythical, fairy-tale or simply unusual creatures. Every person (or mythical creature) we see in a dream reflects some part of our personality. If it is a person from the past, maybe the psychic calls you to pay attention to a certain period of your life, maybe the root of your current problem or the answer to the question that interests you today lies here. In any case, when you dream of a person, you should ask yourself: how do I feel about him? What does it

mean to me? What is this person trying to tell me? If you see a stalker (black / dressed in black) threatening or intimidating you, this is a hidden part of your personality (Shadow archetype). In the same way, it is very important to understand what he is trying to convey to you, what you are avoiding in your life. Therefore, it is very useful not to run away from him in a dream (if possible), but to turn to him, meet him and ask what he needs, talk to him.

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