

# THE DREAMTANK IS FULL

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Why do children have more dream-time than adults experience? This work explores children's dreams. They are more vivid and children have 80% more dream-time than adults. I'm interested in what dreams mean and the effects of the dream process on the mind. This topic is important to me because I have a hard time sleeping.

I vigorously researched about dreams—what they mean, what they stand for, and how they are processed in the brain. I want to understand symbolism associated with dreams. I also want others to understand that a child's imagination is far more vast than we can ever experience again.

I want the viewer to appreciate the child's mind and value it. If we start to take into account childhood imagination, the relationship between the dependent child and the caregiver will be more healthy and valuable.

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*This paper you are about to read is about dreams and how personality disorders affect them. Dreams are a crucial part of the cycle of sleep and I can't stress enough how important these are to analyze to see how your brain and emotions are doing. This paper will go over what a dream is, how and why they happen, the effects that personality disorders have on dreams and what medications alter them.*

In this project, I decided to research dreams and how they are distorted based on personality disorders. I am interested in this because I, myself, have a hard time sleeping. Based on my research it shows that you can have sleep issues link to an emotional disorder. I am not saying that I have an emotional disorder but the connection between them, I find quite interesting. I have nights were I will lay in bed and never close my eyes. Sometimes I will have recurring dreams and they can tend to be upsetting. I have had this one dream several times that I think replicates a seizer. I am in a nursery room and I will fall asleep in my dream. As soon as I do, the stuffed animals around me will start chanting and all I can see are bright colors flashing at various paces. I will wake up for a short moment and then the cycle will repeat. This dream happens every month or two. Another recurring dream I have is about a mirror and the mirror is stuck on an image of a girl with Down syndrome looking in the mirror with a boy at her feet. As soon as I walk past the mirror it will start to scream that it wants to draw teeth on my body. I literally screamed “mom” in the dream and woke up. I was terrified Small things like this really affect me. These dreams are pretty upsetting as they are and I want to understand more about them and why they occur. They have startled me in a numerous amount of ways. What do they mean? Why are they recurring? What is their significance? These are questions I am hoping to get to a point where I can answer them with my research.

I started off my research by looking up the definition of dreams. Essentially they are stories and images that come to you when you sleep. They are just images your brain makes up, based on your feelings, desires and aspirations while you’re asleep. Those who cannot dream are normally going through anxiety, depression, difficulty concentrating, lack of coordination and tendency to hallucinate. These are pretty interesting because I feel like it would be the opposite. I feel like you would have more vivid dreams if you were to be experiencing these feelings. Dreams exist to help solve problems, incorporate memories and process emotions. They are good for helping you sort your feelings out and can give you insight to what you may be unconsciously feeling. Nightmares occur because of stress, conflict, fear, trauma, emotional problems and illness. These are what make you have a bad night, in the nightmare sense. In the dream process, there is mechanism called REM, rapid eye movement, during this time you will experience your most vivid dreams. This process happens for 90-120 minutes, which comes out to around 20-25% of your sleep time. A newborn will experience this for 80% of their sleep time. Newborns normally get sixteen to eighteen of sleep, and they experiencing the world for the first time. Their dreams must be pretty interesting. Their brains are still developing and they need rest to recharge and prepare for the world around them.

According to Freud, a famous psychologist, said that there are three steps in your sleep state. Your thoughts, your unconscious desires and motivations. He identifies three other mind characterizations are ID, Ego and Superego. ID is centered on primary issues. The issues you are experiencing directly will appear in your dreams in some way either it be metaphorically or symbolically. Ego is concerning the conscious moral and the self-aware aspects of the mind. The Superego is there to suppress the ID. When your conscious mind is awake the Superego will hide what you are actually thinking. The Superego is like a bouncer at a club, your club is the conscious mind and when a thought tries to enter the superego will decide if it will be able to go inside or not. However, when your mind is unconscious it is vulnerable so that’s why you get dream for your subconscious desires. This is really interesting because it seems as if you don’t really allow your mind to wander, you don’t really know what you’re thinking until you dream.

Carl Jung is another person of reasonable credit that I researched. He has a similar philosophy, he believes in three characteristics of the mind: the *persona*, the *anima/animas*, *shadow and self*. The Persona is like a mask of the self. The Anima/animas is the mirror image of the biological sex. The shadow is the animal part of the personality, and the self is the unity of the experience. These all together are aspects of a dream.

Certain medications will affect how you dream; most antidepressants will suppress or make dreams become more vivid. Most of the antidepressants just have side effects that involve the dreaming process. They are not centered around dreams because they are for depression but will have an effect on the dream itself. There are other medications that will make you have nightmares or will abolish nightmares. One medication is an antidepressant and a sleeping aid. I myself have taken it and it works wonderfully. The name of the drug is Trazodone. Trazodone will make it so you fall asleep within the thirty minutes that you take it at the right dosage. In my experience, my dreams have become more vivid while taking it. I remember them more and they are more realistic but bizarre. This is not the intent of the drug; the intent is to get you to sleep. However, I find this side effect very interesting. I didn't always have to take Trazodone because when I was little I was able to sleep very easily, in fact most people are like that.

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