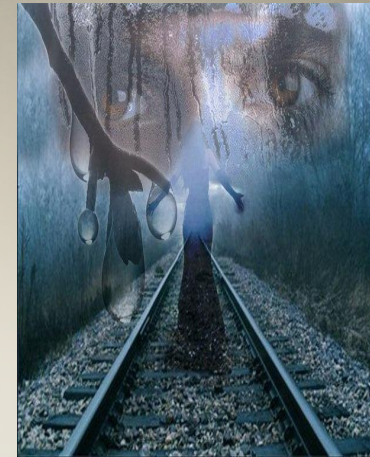


# INTERESTING FACTS ABOUT DREAMS



# DREAM

❖ are successions of images, ideas, emotions  
that occur involuntarily in the mind  
during certain stages of sleep.

\*succession – последовательность

\*occur involuntarily in the mind

during -происходит непроизвольно в

сознании





# INTERESTING FACTS:

❖1) We forget 90% of our dreams.

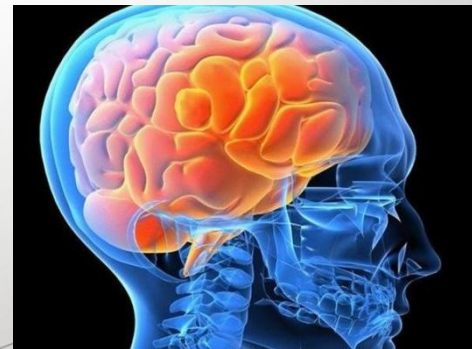
During the first 5 minutes after waking man remembers almost all sleep, but after 10 minutes after waking up - 90%, we can no longer remember.





In our dreams we see previously familiar faces

Our mind is not inventing faces - in our dreams we see real faces of real people that we have seen in our lifetime. We can not remember them and do not know, but our brain uses these thousands of options to show in my dreams.





Not all people see colorful  
dreams.



12% of sighted people  
have dreams exclusively in  
black and white colors.



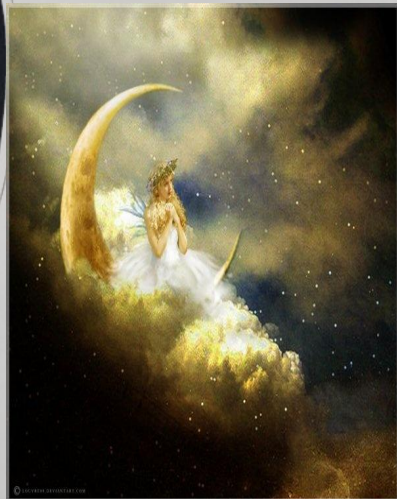


In dreams we are more likely to experience negative emotions.

❖ The most common emotion in dreams is anxiety. People are more prone to negative emotions in dreams than positive.







❖ Number of dreams in one night

It turns out that the average person  
sees one night from 4 to 7 dreams.  
Which takes from one to two hours.

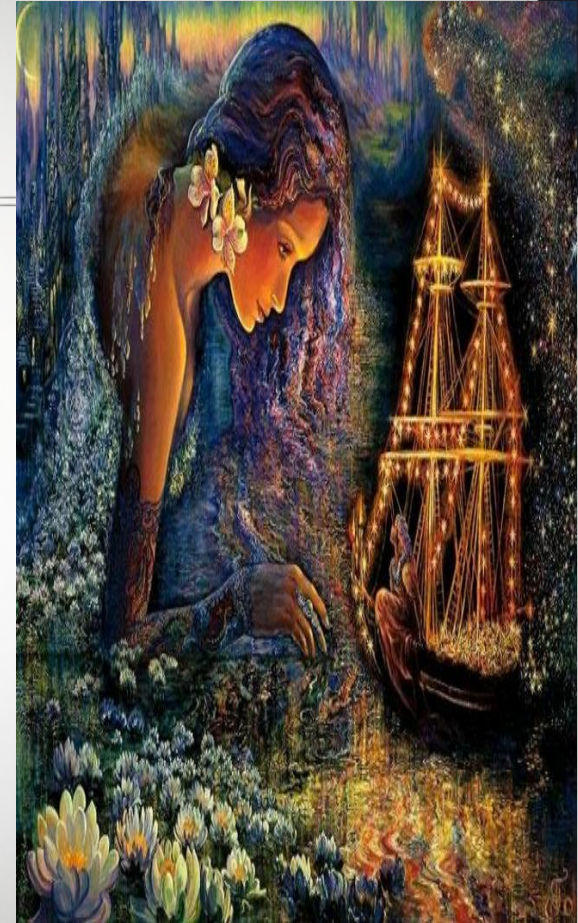
❖ \*on the average – в среднем





❖ Dreams of men and women.

❖ Men and women have dreams differently. The men in my dreams, about 70% of characters - men and emotions. In women, the number of male and female characters about the same.





❖ *Thank you for your*

*atte*

