

NEW DREAM THEORY

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> Dreams are our life-guard <

Preface

Endless array of interesting, vibrant, funny, exciting and frightening images and scenes that take place during the dreaming has always fascinated people, but it arise efforts to reveal its meaning and wonder, what is it that we " see "during the" night journey "and whether it might prophecy of our future, or something completely different.

Numerous assumptions, based on the basis of various studies and experiments, as people and animals are still at the level of idea or hypothesis, because there is no adequate theory that can be checked. Various explanations and interpretations of sleep and dreaming are given, and with a greater or lesser efficient the answer to that question are also given. Despite great efforts are invested in the application of the solution "dream enigma" has no real answer. The majority of written and fresh ideas and theories about dreams, in addition will be exposed a new theory about the nature of the dream, which might answer the question why we are dreaming and what is the role of sleep. Also will be shown that dreaming process, throw sleep function, is so important that if there is no dreaming there will be no mankind at all and some of the animals.

Introduction

To see the current situation with existing ideas, statements, hypotheses, theories and concerns regarding the dreaming enigma published in various newspapers, magazines, encyclopedias and the like, as well as the internet, below are listed some of them:

Statements in connection with sleep and dream.

It sounds paradoxical fact that one third of the life we spend sleeping and not know because we do it? We know how but not why dream?

Why the dream remains on one of the greatest mysteries? Great looks and biological enigma mocks science. Maybe no one will find the key to enter the realm of dreams. Brains of waking people will never understand the brain of a man who sleeps and dreams. And after 50 years of research no one has managed to put the theory to be coherent and that can be checked. The function of sleep is still a territory that can't be marked. Nobody can answer with great accuracy banal question. Why dream? Should I leave without find?

Michel Jouvet – scientist

Titles, quotations, assumptions, hypotheses and theories on dream

**Lived to the full suppressed desires during the day, that dreams are encoded with symbolic keys
- Freud**

**The dream is physiologically unnecessary, "Theory of immobility" by Ray Meddis Head of
Laboratories at the University of Loughborough England**

The dream has a major role in the formation of the nervous system

The dream presents a program for strengthening the memory

The dream foretells our future

The dream is a message from the gods

The dream reprogram the brain

The dream is a form of internal communication between cells

**Dreams are unconscious reaction to the conscious state and presents a conflict between the
conscious and unconscious**

Dreams prompted surgery

Programmed dream man

**The only way through which the psychological legacy of the brain acting through life is a
process of periodical dream.**

**One of the functions of sleep is a systematic reprogramming movement typical of a certain
kind of (man, cat, dog, squirrel, etc.).**

Subconscious dreams are a projection of what we can achieve in the conscious state

Dream not to forget

Dreams are dangerous

Sleeping to keep what is - timeless

Dreams link the daily experience and serve to expand it

Dream resting heart

Dreams educate

Dreams purifies the memory in the brain from unnecessary entries

The dream is important to balance the nervous

Dreams speak to us what we shall make

and so on ...

**Here are also selection of five modern theories for dreams and nightmares,
according story "Why Do We Dream" by Ilana Simons, Ph.D.**

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<http://www.psychologytoday.com/blog/the-literary-mind/200911/why-do-we-dream>

- 1. Dreams are an evolutionary adaptation**
- 2. Dreams create wisdom**
- 3. We dream in order to forget**
- 4. Dreams are our nightly psychotherapy.**
- 5. Dreams have no meaning at all**

Sleep

Human rhythm of life depends on many factors. As one of the most important, which affects the human body is the rhythm of changing day and night, which in turn has a direct impact on its activities. So during the day the intensity of human activities is very large, while the approach of night it is reduced, until the moment when they go to sleep and when starting the phase of rest, relaxation and recovery. For a man needs at least eight hours of night rest during a day-nights, that he derives nearly a third of his life passes in sleep. This at first glance looks like a great loss of time in human life. Because without rest night, life is not possible, or that sleep is an unavoidable need without which man can't survive, resulting in sleep in the human body became the scene of many important processes.

Sleep is a condition that is characterized by temporary and reverse loss of consciousness. It needs a body to be able to regenerate body tissue or to renew, harmful substances from the body to fully exude and to replace dead cells. By reducing the work of the organs in the body and relax the muscles allowing them to rest. It reduces the body temperature heart rate is slow, blood pressure and central metabolism (body heat emitted in a peaceful state) decline by about 10 per cent. Babies sleep more than 20 hours a day, adults 7 to 9 hours and centenarian only five. The cycle of sleep is just one of several rhythms that are shifting in our body in the process of sleep control internal biological clock that strikes a lifetime.

Research

Because neural network of the central nervous system with brain and brain rest organs, represents highly structured set of billions of neurons that per day collect and recycle or reprocess millions of information, at first glance seem impossible to explain their work, or how they each function and by coordinating the interaction work.

But to puzzle role of sleep, with the help of modern technical devices are carried out various experiments and studies in which scientists carefully recorded and analyzed the functioning of the brain, muscles and the whole organism, thousands of volunteers who before going to bed is "join" a number of other electronic devices. All the reactions of their bodies are stored and scientists now say that it is possible to understand what conditions are called "structure of the dream."

The inquiry led to the realization that nighttime sleep is not a linear situation, but it takes place in several cycles with unequal duration, with short intervals between them and the last between one and two and a half hours. Cycles consist of sleep stages. They are divided, at first, in two main phases: Sleep phase and dream phase. Phase of dreaming almost always follows the phase of sleep, because each cycle of sleep as a rule ends with dreaming. During sleep the body is not passive, but only allocate activities that manages our internal biological clock.

The cycle of sleep can be divided into 3 to 4 stages or under phases. From awake to sleep it

follow easy sleep, which lasts only a few minutes. In the sleep stage we begin to be wandering and flying all around, legs are heavy eyelids are closing. At the same time, our body is relaxing with a reduction of activities. It reduces body temperature, heart beat slowly down, breathing is shallower, and the muscles relaxed. At this stage it is possible, sometimes, to appear and the first short dreams.

In the second phase of sleep is something longer. The third phase is the exponentiation of the previous phase. Now follows deep sleep during which time, the body regenerate or recover the body best. Then breathing is calm and steadily, as the body is disconnected from its surroundings. Cells divide intensively, especially is active immune system, which will renewed.

That at this stage is carried out growth is demonstrated by examination of several children who slept in the same room. When during the deep sleep stage some of the children were awake and made noises, no growth, while at complete peace in sleep, deep sleep phase determined is noticeably growing, with many days examination of sleep. As a result of sound, unconscious automatic reactions to sound activate sympathetic nervous system responsible for stressful situations, and sleep stage "deep sleep" is not possible to be activated. In conclusion follows that the initiation of this phase and the playing of certain processes such as growth, is needed to complete peace and relaxation, (the senses of the body should not register any disturbing signals).

After a deep sleep stage almost always follows the phase of dreaming, called REM stage (Rapid Eye Movement) or the phase of fast sleep. It is a period in which they live and dream disturbance. Phase of "rapid" sleep is characterized by full relaxation of the muscles and brain with high activity (fast waves), and rapid movements of the eyes, which under the eyelids move as to follow sport game. This contradiction between relaxed muscles and accelerating activities occasion this time was to be called "paradoxical sleep. In that period, breathing unevenly, sleeper stops the breath and after ten more seconds, you can even harmful and dangerous to operate on the human organism. Its proper rhythm of work and losing the heart and takes a few seconds, which is initially reading, at first, with rush growth, and then fast decline of arterial pressure. It happens in that period to schedule the major control systems for the functioning of the organism. Was also determined that the content of the dream at this stage are briefly memorize, but remember only those dreams that create fear and unrest.

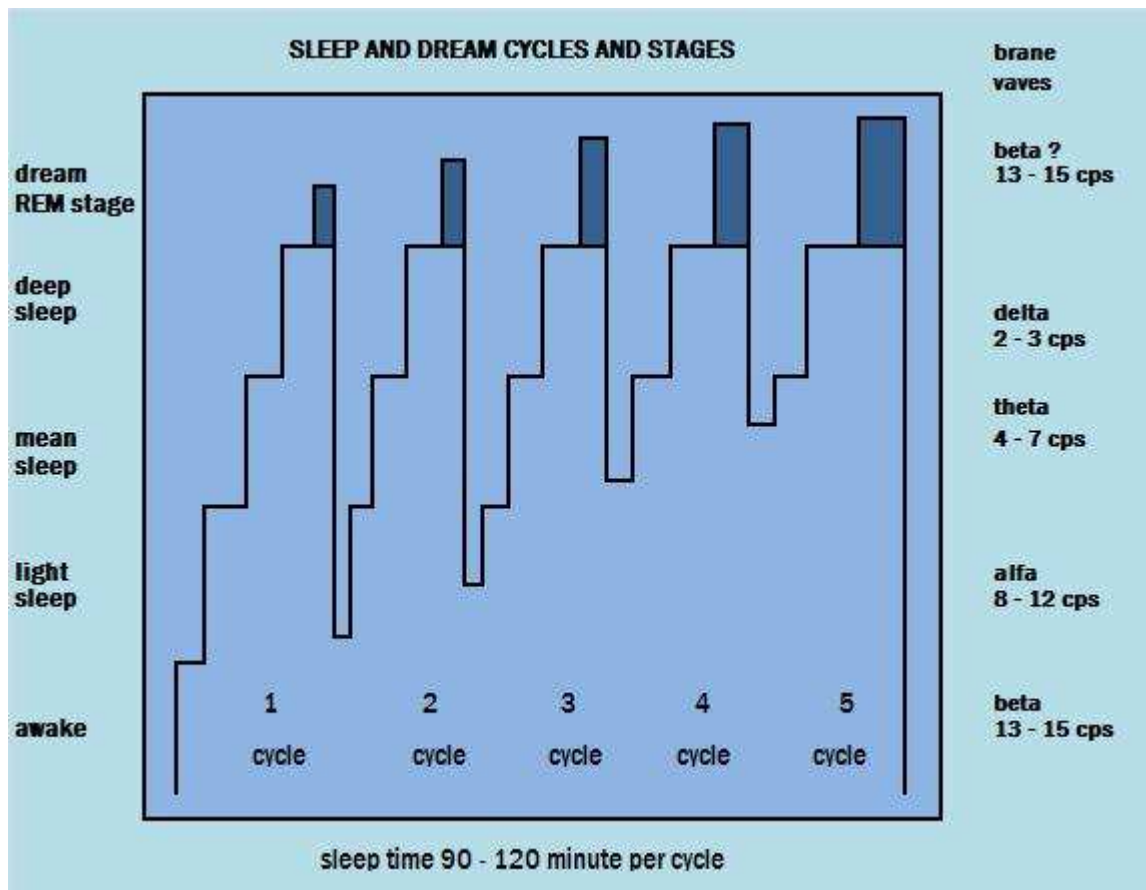
This sleep cycle is repeated 4 to 6 times during the night, the absence of nightmare dreams, from cycle to cycle passes without awakening. The first phase of deep sleep, as is said, lasts 90 to 120 minutes, and REM phase of several seconds to about 10 minutes in the initial cycle. In the stages that follow decreases the phase of deep sleep and REM-extended phase, which can last up to 40 more minutes in the last cycle.

In the course of the cycle are determined and at least two shift the position of the body, out of 8 to 12 major turn in the course of one night.

Also, the monitoring of brain wave activity in the various experiments and tests on condition of sleep and dreaming, be determined and certain types of waves (alpha, beta, delta waves and aunt), and that differ as on the frequency (number of cycles per second) and intensity (amplitude) of the waves, and depending on the phase of sleep and dreaming. They are not strictly defined as the frequency of waves decreases linearly from the stage of wakefulness, and the stage of deep sleep, i.e. the occurrence of sleep, while the amplitude determines the

characteristic of the type of wave.

When awake there is no strictly defined condition with waves. But when awake with intense targeted activity, show rapid beta waves (13 to 17 c / s) that are of medium intensity. In oversleeping and light sleep when the body is released and relax, show the emotional waves alpha frequency (8 to 12 c / s) with reduced intensity. In the next phase of Middle dream, still reduces the frequency (4 to 7 c / s) and magnitude the waves. In deep sleep phase appear spores delta waves with very emotional frequency (2 to 3 c / s) but with much higher intensity (amplitude) of beta waves when making the main processes of resting and regeneration of the organism. Mon phase "deep sleep" followed REM phase of fast sleep "which appear in the beta waves similar to waves as awake. They are shown on the right side of the drawing, given below, together with the above cycles and phases.



Human body

Based on the above mentioned so far, to reach the correct answer to what is the role of sleep and dreaming, it is necessary to examine the role of control mechanisms in the human organism, and in cooperation with the biochemical processes that take place in the body during these processes.

Human body, which is composed of many organs and systems for carrying out its functions, energy is needed. This man brings energy exclusively through liquids and foods. Daily quantity of food necessary for normal functioning of all biochemical processes in the human organism consists of the introduction of sufficient quantities of albumens, carbohydrates, fatty acids, vitamins and certain minimum amounts of minerals. All that is necessary for maintaining body temperature, breathing process, the work of the brain, heart, work with the bloodstream and in all other organs or systems. For every life process must spend a certain amount of energy and whose sole source is the food that will be infused into the body.

Recycling and processing of food energy is doing during the day and also at the night, during the night rest sleep. This is done in a huge number of small factories in the complex our body, or small "cells" that make up the human body. But there is a difference in the way the body in January and processed using the resulting energy, both for the human organism completely different situations, full of daily activities and night where the body was put on hold. While during the day is spent part of the accumulated energy of the energy which is obtained from new implant food during the night of the energy accumulates in the fat, and some serve for growth, i.e. multiplication of cells. Reproducing and growth of cells that make up the human body, or energy recovery the cells are best performed in sleep or sleep stage called - deep sleep (especially in children).

During sleep, certain parts of the human brain (for some scientists it is sub consciousness) remain active as they could to control the operation of all vital organs and systems of the human body. After oversleeping it slow the work or the rhythm of almost all systems and organs, are reduce the body temperatures, in order to minimize energy consumption in the recovery of the cells are activated hormone for resting the body and reduce a minimum of secrete adrenal (hormone responsible for raising the tonus of the muscles of stress or fear). Simultaneously activates the production of growth hormones in the body (with the pituitary) and all other substances and hormones responsible for the renewal or replacement of spent cells and disposal of unnecessary substances from the body.

Slowly rhythm of work of the bodies takes place at the end of the recovery of the body with energy, and that is the morning (around 3 to 4 hours) s before awakening, or fourth or fifth cycle of sleep, when the reverse process is accelerating the pace of work of all organs, increases body temperature and the like. In proceeding of this process are possible many different degrees of deceleration and acceleration of the processes of the sleep.

REM phase

During the night, the human brain is like a night shift who cares about the work of all organs and systems (like city services, fire or first aid – on duty that night). If everything is in order, the brain did not intervene. However, if in any organ or system in the slow work in any cycle of nocturnal sleep, come to various irregularities, or the complete cessation of operation of the respiratory, arrhythmias, or cessation of the heart, digestive problems system and the like, and as a consequence of a disease due to poor or irregular diet, due to abundant and fatty foods as well as to various psychological tense or stress, then the scene enters the brain, which "intervene" in various ways as would be all established normal .

This usually comes in the final stage of sleep in any cycle, called deep sleep, although you are not dreaming, when the organism is engaged in the most delicate work – sharing of cells that grow, filling with power or regeneration of cells, ease the nervous system and similarly, that when the brain can not adequately express the care and control of other organs and systems in the human organism during deep sleep, and possible appearance of various defects in their work, especially if they are infected.

Good analogy with such condition in deep sleep is usual filling the empty accumulator when to tray to fill quickly, all systems of the car are excluded.

Besides monitoring the work of all organs and systems within the body, the brain also as in earlier stages, so and in this stage, monitor and listen the environment in which the sleeper and through the senses that is available. For example awoken can happen with some learned characteristic sounds as ringing the watch bell, the baby crying, screaming and similarly named.

Virtual Reality

But now the question arises as to how the brain "intervene" to achieve the normal operation of the authorities and that his methods are available for reanimation and restoration of the human organism in a normal condition.

Control, flexibility and regulation of animal function of the human body are performed through the nervous system. It consists of two parts that complement one another and that peripheral nervous system and central nervous system. Peripheral nervous system is composed of two systems and that the somatic and the autonomous nervous system. Somatic nervous system in turn can be divided into two and the conscious subsystem (with intentional movements of the muscles) and unconscious or reflex that controls unconscious dangles. Autonomic nervous system, which unconsciously manages and controls the organs and systems of the body, is composed of parasympathetic nervous system (for normal operation of the autonomous bodies) and the sympathetic nervous system (for autonomous operation of the authorities in stressful situation). All of these neural systems and subsystems have a role in managing and transmitting information of all organs and systems in the human body to the

central nervous system and vice versa.

On the other hand, central nervous system is built from brain and pith. The brain can be divided into three parts: brain stem, backbone brain and a brain. Evolution most part, the brain stem, which is situated at the base of the brain, manages the basic life functions important for maintaining life, and they are breathing, heart, blood circulation and exchange of materials. This part of the brain, fortunately, can function and be active independently of other parts (of narcosis, and a large brain backbone brain as death). In that falls within the small brain and who is responsible and coordinate body movements and balance. In backbone brain are stored programs for solving standard problems. He is responsible for instincts and experience acquired through evolution. In the big brains are process of learning and memory.

Based on what is said above the brain, like the narcosis no direct control of breathing, blood circulation and exchange of materials (for their work is responsible parasympathetic autonomic nervous system), so we can say that the only method to disposal the brain for their reanimation, if improperly working method is used and, while it is simulating the reality "that the occurrence of sleep. Taking pictures or sequences directly from the nerve cells, responsible for short and long brain memory, it create a related or unrelated short movie scenes and prepare them for project on certain three-dimensional hologram screen.

Scientists still can't say with precision where is the "dreaming" display, place in the brain, or where are mix all those images, sounds, scenes and the like. For some it is backbone brain. Assumption is that it is responsible Amygdala (almonds) glands, a structure especially concerned with perceiving dangerous situations, and thalamus, both are part of the limbic system (responsible for the impulses, feelings and memory). Amygdalas are associated with nerve neo-cortex (part of the brain that performs the functions of speech and thought and other mental processes), visual cortex and thalamus, which is located in the temporal lobes of the cerebral hemispheres, deep under the bark of the big brain and who presents thick bundle of nerve cells. Amygdalas and thalamus contain numerous energy sensors and receptors and participate in creating neurotransmitters as dopamine, serotonin, norepinephrine, epinephrine and others. They represent the only link through which coordinates through which all transmitted signals between peripheral nervous system with all sensual receptors, brain stem, backbone brain, small brain, big brain, limbic system hypothalamus and endocrine glands. Somewhat proved that there is a connection between Amygdalas and emotions, as they performed an emotional response before thinking centers in cortex, in full to notice what happens.

The process of dreaming initiate certain signals coming from the brain stem, which in turn is connected through pith with various sensory nerve receptors for affection and impulses deployed after the body of man, and to detect a defect in the work of any organ or system. These impulses through backbone brain are transferred to thalamus. Through it continues through certain links are activated centers of emotion, opinion and speech in the bark of the large brain (highly active during REM stage), which can start dreaming.

But it should be noted that whatever is dreaming, the screening of the "movie" going to three dimensional hologram display, which is somewhere in front of the eyes, or what we are seeing is actually as we are seeing awake. Content and scenario in which staff will unfold in the dream are unpredictable and directly dependent on the objective to be achieved. By making "virtual reality", i.e. with what is happening on the screen, "brain" mimic reality, but with the

help of memory stored data. For all redirected senses, organs and systems that present is as true reality. That authority is making to respond to improper working of the dream images and depending on content, strengthen the work and thus avoid the danger of full cessation of work.

How the brain achieves this. First, before start dreaming, with the help of several brain switches includes all the senses of man (which in almost all stages of sleep are passive and fired condition) in place of displaying movies dream. Then the eyes and ears see and hear what happens to hologram canvas (the eyes are moving under the lids, as exciting to watch a movie full of action). The dream is run, talk, cry, feel hot, cold, and the like. We dream in black and white and color.

However, certain links on the left part and the immediate surroundings of the sleeper, but directed towards hologram display. Evidence of this is a direct influence on the content of the dream of some dangles around those who sleep in REM and stage - a cold (the dream landscape and snow), warm (beach), speech, sound, flowing water and the like.

The exclusion of motor function is one of the most interesting things that were discovered in various experiments and research on the phenomenon of sleep and dreaming.

All these previous activity is a prerequisite for the initiation of dreaming, or REM stage (Rapid Eye Movement), or as he called scientists, phase of paradoxical sleep (the body is released and the brain very active).

So, if we do not include any of this "switches" the man probably would have started to live the dream in bed and out of it, that would become would run, etc. i.e. would react to the images of the dream seems to be awake.

That this assumption is not only can conclude from experiments that did the famous explorer of dreams, Frenchman scientist Michel Jouvet in its laboratories in Lyon. He carried out his experiments, not people, but the animals also dream. That a number of animals they removed the group of neurons in the zone where is "switch" for the functional separation of the brain and muscles (the time when animals sleep, or dream), but not blocked dreaming. What happened, the animals started to jump and run that to live the dream. Cat started leaps after mouse that exists only in dreams, run away from the dog, which also exists only in dreams and the like.

When the issue of small disturbances in the work of the organs, the brain then creates a mild stimulating dreams, which are often associated with conscious and unconscious perceptions memorized over the last few days. Thus, when the issue of small disturbances of the digestive organs, then the rule is dreaming dreams that appear food. When questioned respiratory most common then dreams are climbing or running. All these scenarios as an overture, if necessary, a possible change in the script or scene. And so on during the night sleeping.

Fear

If during sleep comes to major defects in the work of any organ or system of human body, or when in doubt the survival of the human body, then the brain begins urgently alert and activate the mechanism of dreaming. In the brain, to create a set of existing script appropriate medical problem reaches for the most difficult images (emotions) are associated with individual deepest fears, phobias and traumas, which are sometimes deeply hidden or stored in or sub consciousness and derives from there, could start the rescue. In the sole purpose why does this surgery is to achieve as quickly as possible, reestablish the normal mode of operation of the authorities.

Similar events occur in the vicinity of where he sleeps that occur, for example, rare sound that the brain will appreciate it presents a dangerous threat to his life and the like, which now senses the impulses sent to the writer in the brain, so that to have adequate film provokes fear and awakened sleeper. This applies to the senses of hearing, touch (heat, pain, stroke, etc.) as well as smell, to react in an appropriate manner if something extraordinary happens in the environment. Senses are not completely excluded, only redirected.

In such situations, the brain becomes very active. Creates dreams that are extremely scary, dangerous and Shortest rule, because it threatened the integrity of the organism, i.e. the issue is survival of the human body. So in dreams appear different monsters, persecutors, drowning, snakes, water, fall into gaps, high waves, birds, incurable diseases, tumors, operations, feeling that somewhere irreparable We arrived late, panic, helplessness, trapped in a space elevator or room, threats of death, terror, great sorrow, grief, guilt, feeling that something was not right, a threat to life or disappearance of many close persons, particularly children or babies, fire, natural disaster and the like. As increase the level of defect or stoppage in the work of body organs so is changing the content of the dream scenario, from milder forms of the horror movie to those of us who are raising the hair on our head. The action sometimes takes place linearly in the same scene but with the changing scenario. For example, the scarf around neck turns into a snake that crushes and the like. But sometimes are needed stronger emotional changes, the stages and scenarios. With all this, the brain simulate - scary images, using relocated senses (especially eyes), that "frustrating see" scenes in the dream, provokes the emergence of the strongest emotions which inbred with every man at his birth and that the instinct self-preserving for, and that is "fear" - anticipation of a danger or undetermined, or fear of the unknown, fear of death, fear of animals, fear of darkness, fear of drowning, fear of the threat of loss of life and the like.

The emergence of fear activate with special substances called peptides for shivery? (DBI – Diazepam binding inhibitors), discovered in 1983 and that the regions of the brain where emotions, which also act as a means of harassment and teasing and the cells hypothalamus (endocrine gland), which in turn continues through the pituitary, the body performs preparation for certain activities preparing for rescue.

This leads to major changes in the body. First, as a result of the emergence of fear, includes sympathetic nervous system is responsible for managing the systems in the human organism in the stressful situation and endocrine gland through which the brain, with the help of hormones, performs all the necessary regulations on the work of organs and systems in the human organism. Here especially to highlight the role that plays in this process and endocrine

gland called Pineal gland or gland (commonly known as inner eye), since according to recent research, only the nerve endings sympathetic nervous system responsible for stressful situations, passing through it. It is very dark in active and responsible for many important functions in the immune system of humans. Epiphysis with hypothalamus (part of the brain responsible for managing sleep, temperature and emotions), are somehow responsible for almost all the happenings around dreaming.

Furthermore hypothalamus activate the hypophysis cerebral (pituitary gland), which in turn again own side using adrenal gland is lifted the level of adrenaline hormone in the blood. By raising the level of hormone adrenaline occur following calls by some systems and organs in the human body. It narrows blood vessels, increases blood pressure (spread chest), rising the frequency or speed up the heart, subdivide amount of blood from the body that is directed towards the brain, limbs and other organs important for defense or movement (escape) and the full authority (?). It is also faster breathing, increased perspiration and similar phenomena, which ultimately leads to the awakening of man.

There should be specifically emphasized the role that has the brain, together with other bodies that make the nervous system, in running of all these processes during sleep or dreaming. This is because any defect in the work of the heart (arrhythmias, short interruptions in the work of the heart, etc...), Or respiratory system (interruption of breathing), has a direct impact on the work of the brain, that ultimately is for his survival. In such typical defects of the work of those organs or systems in sleep, comes to insufficient delivery of blood to the brain, and thus oxygen. The appearance of lack of oxygen may be, bring the remaining one of the key elements that activate the control and protective mechanisms in the brain, or start dreaming, but lack the level of regulating the type and intensity of dreaming that dream content.

Must also be stressed that the situation before awakening itself is very critical. The brain must decide when is exact time for awakening the man, i.e. to accurately determine when the prerequisites are met for awakening or for changing the position of the body, how could regain control of the senses and the muscles, i.e. disconnect switches are responsible for these functional connections. All of us are well known whit that condition. Then run, but in place, the legs are lead, called but no voice, the chokes, but that does not help and the like. As a rule, almost all scenarios of "virtual reality" that Director "brain" regardless of any scenario with any intensity was fear or some similar emotion, ending with the irresistible impulse or urge to do something, which he often Part includes the extremities of man. To escape from a present, defined or undefined danger, ran to be saved from drowning, to hit leg with a fury that you dog barks, to be called, or screaming to take a breath or air, to provide hand to push something to escape by someone or something to drop some weight and the like. That means that this is the decisive or most important moment when to return all rerouted switches to normal position. As a result of the returning control over the muscles, visible are certain movements of the body, arms or legs of people, and that is the key moment when the people awaken. Sometimes waking up can be painful if you are close to the bed and radiator, when in a dream, you hit with foot, a "virtual violent dog".

We must admit that the "repertoire, content, plot and the termination of the dream producer, may enviable them the best writers or writers of horror films.

Nightmare

Status during such scary dreams called "nightmare" where after awakening, often manifest the following signs: noises, irregular or accelerated work on the heart, intense sweating, panic, fear, broken breathing and similar phenomena, which are result of "rough" way of functioning of the brain to establish the normal mode of operation of the organism. Witnesses such nightmares dreams of theirs loved ones, in the moments before waking, say that people are strangled, shouted in a dream and were very frightened.

Here is a characteristic description, one of the many descriptions of this situation, with special emphasis on the beginning and the end of dreaming, or at the beginning, when they involve the senses with hologram display, and exclude the muscles and vice versa before awaking when returning to normal senses when the muscles are included.

I decided to call for help. Already twice experienced terrible nightmares, so now I am afraid when I go to sleep. First, when I experienced nightmares, something woke me up (?) First knocking on doors. I had a feeling that under the window of my room, sit a large bird. I looked towards window and saw something huge and black that blackness my window, knocking the wing was louder. I wanted to scream, but can't, because soon (I had such a feeling) that I was thrown against me a large black canvas. Something terrible has started to pressure me. I lost my breath. I was like paralyzed. I could not move my hand to and from my throat just appear moans. It lasted pretty long. Then let me and went through the window. And then I woke up ... Now I sleep in the living room. But another night I happened something similar. Sleep in the room nobody but me. All this is terrible. Please call someone to help me.

These and similar descriptions of people who have "medical problems and who experience "nightmares" have a thousands, that if you compare, you will see similarities with what is outlined above.

Also there should be specifically emphasized that the occurrence of critical situations and eventually nightmare dreams, and depending on the state of human health can occur at any stage of sleep. It is here especially because it highlights a number of people (about 4%) suffer from interruptions of breathing during the night of sleep (apnea), the recording is settled and 500 acute, with different time duration. This means that the mechanism of the rescue, with a different intensity, is active in Mobilize condition throughout the night, or sleep, the risk of scheduling the protective mechanism in this state is quite large. The mechanism for saving in this situation may be or dreaming, or often with snoring.

That dreaming can occur in the initial stages of sleep is also called "night terror" in some children. After the child is a sleep it suddenly screaming and starts crying. The person clearly has seen signs of fear. This suggests that the brain when sleeping was started all stages of the rescue were involved, based on real medical problems or wrong based on estimated signals sent by the organism (because it's protective sleeping mechanism it's not finished job), and the reduction activities of the body characteristic of the first and subsequent phases of sleep. Some interpreted this as a consequence of the horrific stories that children hear throughout the day. It is believed that children have complete cycles and stages of sleep and dreaming only after the sixth or seventh year of his life.

Given the ever spoken, usually explanation for the occurrence of nightmare dreams is that they are dangerous and that it ballast the brain, which is wrong, given that they are only the means by which to protect the integrity of the organism in crisis situations.

If some of these mechanisms schedule, early or late shift the control of the muscles or senses, it happens bed fate and comes to death. Without this control over these mechanisms extends the duration of stress condition, so for example, pressed blood vessels or increased pressure comes to heart attack. Known to many such inexplicable cases of death in a dream.

So if there is no dream mechanism there is no any other possibility to awake a man him self, when is in sleep condition.

Hypnosis and sleep – walkers

Thus, when and whether, any of the above mechanisms were or not involved, probably related or responsible for the situation in hypnosis, and also walking in sleep condition (sleep - Walkers).

Obvious example of diversion of the senses is hypnosis. After a sleeping by the hypnotist, respondent heard him speak, and carry out orders like, as is the stage of sleep without the motor turned off mechanism. Respondent is gradually leading to a stage where dreaming is included with partially disabled motor movements. For now open the way to hologram canvas, which in turn is directly linked to memory and to small programs stored in the brain with instructions learned during the life of man, instead of surgery, now with the hypnotist direct orders can provoke certain events as the motor mechanism (which is partly excluded) and the senses. You may be jumping, kneeling, running, singing or driving wheel, and to suggest warm, cold, nausea, and so on. In the deeper stages of hypnosis are possible benefits and the suggestive orders which would be carried out after a specified time, which means that at this point in dreaming orders are saved, but they are timed and unconsciously memorized until execution of orders. There is a deeper stage of hypnotic sleep when possible prejudice in the deeper layers of memory, so it is possible to extract and some forgotten memories of childhood or the conduct of the respondent under this age. Returning to the conscious situation is similar as awakening from sleep.

As people walk in sleep condition, so-called " sleep-walkers. For them, some of above mechanisms don't work, as part of any organic or hormonal causes. What they see and hear directly switches the screen or hologram. That Sleep-Walkers see where they goes, unknowingly or mechanically, because they never can be mindful of where and how it was coming, and it's confirmed by circumvent the barriers to testing that is used to put before them. But must also be stressed, as above said, that among them is already committed relationships diverting the senses towards hologram screen, so they just unconscious, but at one point coordinate, respond to external dangles and go to sleep sometime with open eyes to see, but empty and unconscious eyes to see.

Since sleep-walking comes after sleeping about two hours at the end of the so-called phase of "deep sleep" when there is no dreaming, before starting real stage of dreaming (REM stage), the reverse is also true, they respond actively to that what happening on the brain screen. In them, from still no diagnose reasons, because it is blocked off for the mechanism of motor mechanism, is not possible to launch REM stage (determined experimentally). But blocking the REM phase occurs almost exceptionally with starting the first movie with the same content, so "sleep walkers, influenced by what happens on the screen almost every night the same scenario become, go to particular place, returning and laying in bed, unable to recall what made. This is because the content and REM dreams are briefly stored in temporary brain memory, and we sometimes remember them, while by sleep-walkers the REM phase don't exist, and they remember nothing. If some of the above-mentioned mechanisms are returned, "sleep-walking" disappears. It seems that the moon had nothing to do with their condition.

Conclusion

The idea that dreams are somehow related to general physical condition of the body and psyche (soul) is not new. As confirmation of this, there are a huge number of dream interpretation books and dream interpreters, where symbolism plays a crucial role in the interpretation of dreams. It's known for dream interpretation books even before 4000 years.

But based on the ever spoken nature of the dream of sleep appears in a new light. The dream is not a consequence of nightmare conditions, contrary dream as part of sleep, becomes one of the most important defense mechanisms for preserving the integrity of the human organism and its survival. Thus, although the dreams ballast the brain, they are the guardians of our health and life. When there is no dreams (everything is ok) brain consumes much less energy as when forced to intervene by creating and simulating the "virtual reality" by means of dreams, in order to establish a normal mode of operation of the human organism. The infected individual (body) reacts to the images of the dream as if it is real world and comprehend that man receives through his senses of sight, hearing, smell, touch and taste.

Special place in the impact of the emergence of nightmare dreams and their contents, except the physical condition of the body, there are mental condition or spirit condition. Stressful situations, trauma, phobias, pressures, unfulfilled tasks, existential problems, love pain, personality, depression, mental problems and the like have a big impact on what we are dreaming, and even in certain situations as a "virtual unpredictable scenario" once to lead to ease, or to point to a possible solution to the problem.

So, the one of the most important brain function is to awake a man, who is in sleep stage, with security program which simulate virtual reality to achieve that goal.

If the settings are displayed here, after some research and checks prove correct, then surely need to change attitude towards dreaming of sleep. Lack of sleep (?), to dream rarely, or to dream dreams that can't be remembered, in principle would mean that the functioning of the organism is in order. While the appearance of "incubus-dreams" or "nightmares", should show some major deficiencies in the work of the organs or systems of the hymen body, such as

physical and psychological level. The content of dreams and the situation after dreaming should be a guideline in defining and locating the organ or system functions incorrectly.

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