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THE THEORY OF DREAMS

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ABSTRACT:

According to experts every night billions of dreams are experienced on earth, as an average a person has three to five dream experiences per night. However, most of these dreams go unnoticed, erased from the conscious mind as we wake up in the morning as only about five percent of dreams can be recalled by human brain.

Man has long been intrigued by dreams and though opinions about the process and the meaning of dreams have varied and shifted through ancient times, even today what happens while we dream is one of the greatest mysteries of our existence! Dreams may vary in themes, activity and duration and they can be entertaining, frightening, disturbing or even downright bizarre.

In fact, dreams seem have a mysterious and fascinating world of their own!

Recent developments in neuroscience have shed some light onto why we dream and where the content of dreams comes from. The latest view in neuroscience is that dreams are related to **reorganizing** and **recoding** memories as well as **transferring** memories between brain regions. Emotional quotient may also play a significant role in the process.

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