

Hook statement

Sleep and Dream
Journal

The term *Dream* refers to the hallucinations that occur during sleep. The thoughts and emotions felt can be highly intense or extraordinarily boring. Dreams can be energetic, frightening, and depressing. They may be highly logical or completely senseless. Scientists have been studying sleeping and dreaming in great detail. Even though a single cause or any concrete logic behind dreaming has not been identified, the phenomenon has been linked to the suppression of feelings. Freud claimed that dreams represent unconscious desires whereas others have claimed that dreams tend to be an outcome of the suppression of thoughts (Cherry, 2021). A sleeping and dreaming journal can be kept to keep track of one's sleeping habits and analysis of dreams.

Thesis
Statement

My sleeping habits are somewhat variable. One of the most significant factors causing the variance in my sleeping schedule is whether I have work (or college) the next day. It is generally my aim to be in bed by midnight, regardless of my next day's schedule, but I usually fail in this goal. For example, if I have to wake up at around 7 AM for an errand, I force myself to sleep before midnight. Similarly, on weekends, when I have minimal work to do, I still try to sleep at 12 AM but I do not force myself. Additionally, I have been raised by my parents to believe that 6 hours of sleep are compulsory to properly function. However, the latest research has shown that 7 or greater hours of sleep are necessary for the age group of 18 to 60 years (CDC, 2019). I calculated my average sleep time, and it turned out to be around 6 hours and 30 minutes on the weekdays. This is lower than the required average and may count as sleep deprivation. The book states that sleep deprivation increases the risk of illnesses like heart disease and cancer (Huffman et al., 2017, p. 158). Therefore, to positively impact my physical and mental health, I need to improve my sleeping schedule. I can become a better sleeper by firstly making up a practical sleeping schedule. Before the start of each week, I can prepare a schedule of my waking up times

Supporting
Evidence

and align it in such a way that I get 7 or more hours of sleep per day. Additionally, I can become a better sleeper by avoiding the usage of my smartphone before sleeping. I can also develop an exercise for mental stress removal, resulting in better sleep. One sleeping pattern that I have observed is having dreams when I sleep for shorter times. Moreover, I feel like the more relaxed I am, the more joyous my dreams are.

Analyzing my dreams in depth can help me get a better understanding of the phenomenon of dreaming. First of all, I feel like I do not usually dream as much as the average person. Secondly, in my experience, being sleep deprived enhances the chances of getting a dream. The recurring themes in my dreams involve me going to an abandoned house in the woods. Additionally, I also dream a lot about randomly running in an open field. Usually, there is no consistency between my dreams and my daily activities. However, I do remember dreaming about my close friend almost daily after she died. This may be because her death was always on my mind.

In conclusion, the purpose of why we dream cannot be completely understood because of the inconsistency in patterns. Through my experience, I can correlate a lack of sleep with high chances of dream occurrence. The psychologists who claim that dreams represent our deepest desires cannot justify my regular dreams of running in open fields and driving to a vacated log house in the woods. My dreams of running and escaping could be analyzed in the context of suppression of feelings. Even though I have never really made a connection, there may be a possibility that I dream about the aforementioned scenarios when I am frustrated or stressed. Running and driving to abandoned areas may be a method for the release of my bottled-up feelings.

References

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