

Forum:[Hack Forums](#)

Thread: [How often do you dream?](#)

DeepWeb - September 6, 2022, 3:01 pm

How often do you dream guys?

For me, I dream every single day because I currently take sleeping pills on a daily basis which leads me to very deep sleep, so whenever I fall asleep I dream.

VGO - September 6, 2022, 4:07 pm

I dream 4 times a week approx.
nightmares mostly LOL

INCREDIBLE - September 6, 2022, 4:35 pm

I sleep like 5 hours a day. but lately, a question is popping into my mind. a few times it happened that I dreamt about someone I had never even remotely seen in my life. a complete stranger to be honest. and then a few months or maybe a year later I'm dreaming again and seeing the same person.

now what comes to my mind is. maybe, when we dream. our mind keeps the memory of dreams in another dimension of our brain or something like that because no matter what, I wasn't able to recall the face of that person IRL except only in a dream. that's weird. how's that possible? and that too after a long time and exact same person. and then my mind telling me that you have dreamt about this person before that's how you know this is a familiar face.

one more thing I also sometimes think about is that maybe our mind has some sort of Cloud Connection in space where all these memories are stored and can only be accessed when we are in the state of dreaming. I know it sounds ridiculous, but the science of dreams in the context of how and what event gets unfold will be something even modern science failed to explain. IDK but I have this firm feeling that somehow our mind and the space have some sort of connection. ?

bk crazy - September 6, 2022, 5:00 pm

Kinda average I guess, not every night, and when I do dream there usually isn't much to it like there used to be.

Truth - September 6, 2022, 5:17 pm

I remember dreaming a few times a week, not sure if its everyday.

I kind of want to get back into lucid dreaming, that is fun

-Never- - September 6, 2022, 5:31 pm

i dream everynight sometimes i hate them

MavenGradle - September 6, 2022, 5:34 pm

(Sep 6, 2022 03:01 PM)DeepWeb Wrote: [\[CITE\]](#) For me, I dream every single day because I currently take sleeping pills on a daily basis which leads me to very deep sleep, so whenever I fall asleep I dream.

Can I ask what sleeping pills you're taking and if they are prescribed or not?

mickeh - September 6, 2022, 6:03 pm

They say if you're a heavy weed smoker you don't dream, I smoke weed and i don't dream. The last time i dreamt was in jail because i gave up weed while i was inside

Charlie Sheen - September 6, 2022, 6:07 pm

Every night pretty sure. Mix of dreams and nightmares.

SourceCode101 - September 6, 2022, 11:10 pm

O boy hard question. I have some serious sleep problems , i can't sleep easy , i just can't so mostly yes , i can't dream, but tbh with you yesterday i saw 2 dreams , i havn't dreamed for like 2weeks?i suppose

DashPHP - September 6, 2022, 11:43 pm

I don't really keep track of my dreams but the last 2 weeks i've had 3 questionable dreams.... Lmao

SourceCode101 - September 6, 2022, 11:45 pm

(Sep 6, 2022 11:43 PM)DashPHP Wrote: [\[CITE\]](#) I don't really keep track of my dreams but the last 2 weeks i've had 3 questionable dreams.... Lmao
i was in any of your dreams?

DashPHP - September 6, 2022, 11:46 pm

(Sep 6, 2022 11:45 PM)SourceCode101 Wrote: [\[CITE\]](#) i was in any of your dreams?
Wat kinda question is that?? Of course u was.. makin threads about your friend with similar name style and colour called for a very confusing evening. This FUCKED with me!!! ??

SourceCode101 - September 6, 2022, 11:47 pm

(Sep 6, 2022 11:46 PM)DashPHP Wrote: [\[CITE\]](#) Wat kinda question is that?? Of course u was..
makin threads about your friend with similar name style and colour called for a very confusing evening. This FUCKED with me!!! ??
You had so wet dream i suppose if you saying the truth about the dream :) !

DashPHP - September 6, 2022, 11:48 pm

(Sep 6, 2022 11:47 PM)SourceCode101 Wrote: [\[CITE\]](#) You had so wet dream i suppose if you saying the truth about the dream :) !
I no longer wish to continue this conversation. I hope you have a lovely day. Good bye! HMMPP!??

SourceCode101 - September 6, 2022, 11:48 pm

(Sep 6, 2022 11:48 PM)DashPHP Wrote: [\[CITE\]](#) I no longer wish to continue this conversation. I hope you have a lovely day. Good bye! HMMPP!??
stop acting like that put outside the real you <3 give me a kiss come on

DashPHP - September 6, 2022, 11:49 pm

(Sep 6, 2022 11:48 PM)SourceCode101 Wrote: [\[CITE\]](#) stop acting like that put outside the real you <3 give me a kiss come on
??? brother it is 7:50 AM... how have i got myself into a convo like this... HELP!!!

SourceCode101 - September 6, 2022, 11:50 pm

(Sep 6, 2022 11:49 PM)DashPHP Wrote: [\[CITE\]](#) ??? brother it is 7:50 AM... how have i got myself into a convo like this... HELP!!!
cause you like it fam ! Cause it's the real you , you can't avoid the real you ! You cant avoid the destiny

Eran - September 7, 2022, 3:39 am

When I'm smoking weed I don't dream at all, when I'm not it's probably every night. I take melatonin which contributes to the vivid dreams.

interbellum - September 7, 2022, 6:15 am

I would think about 3-4 times a week. Haven't had nightmare's for a really long time lol

Pikachu - September 7, 2022, 7:08 am

I dream just about every night. I really have to get back to keeping a dream journal so I won't forget the details.

Prawnster - September 7, 2022, 7:23 am

Dont really dream anymore haha, use to do it a lot but now if I do then it's nightmares hahaha

Wafflemonger - September 7, 2022, 7:35 am

I dream pretty much every night. I find myself being able to fall asleep quite easily with no issues. Usually I can sleep through the night without remembering waking up.

Evading - September 7, 2022, 7:39 am

Every night, my dreams are so realistic. I often dream at night about stuff that happens during the day.

Having lucid dreams too which is.... an experience ?

wizlamblystorik - September 7, 2022, 12:24 pm

It depends if i'm worried about something, but usually no, sometimes i do.

Swordsman - September 7, 2022, 12:54 pm

Maybe every 3-4 days, I also don't understand why. every night, I did a little exercise before taking to bed, that's makes so tired and sleep well.

Vader - September 7, 2022, 12:55 pm

I analyze my dreams quite a bit. for a while I was journaling my dreams daily, but now I only journal the ones that are significant to me. So if I'm flying in a one man airplane I won't journal about it, but if I have a conversation with someone significant to me that breaks down some walls, I will definitely write that down. Dreams are a projection of your subconscious mind and intrusive thoughts without any filter from your normal active brain, so most of the time whatever you do that day, or maybe something significant that week, you will end up seeing a version of in your dreams. Theres no concrete explanation that's just my observation so far.

But if you journal your dreams out and really pay attention to them you'll start to understand more about yourself, and more about your sleeping life (which makes up 30-40% of your life!) getting more into it can lead to consistent lucid dreams, sleep paralysis, and out of body experiences. All of those I have at least once a week mixed in with my normal dreams besides out of body, that's hard to achieve. But the more you focus on your dreams the more you'll realize about yourself no joke. I've dealt with some serious problems that I've pushed down in my awake life in my dreams, and woke up with closure about the situation. It's like a simulation chamber inside your brain where you can run endless amounts of tests and factors to reach conclusions you wouldn't be able to reach in the waking world. Einstein frequently focused on his dreams + lucid dreaming to discover truths about the world.

Also I'm not sure if dreams are just a production of your brain, or if we are reaching some extra form of existence and getting glimpses of it. Theres no proof to anything I'm saying so most likely it's all just hallucinations happening inside the brain. However since sleep makes up so much of our time, might as well use it to our advantage and get the most out of our dreams.

Noble - September 7, 2022, 1:58 pm

I dream sometimes, it comes and goes. I wake up in the middle of the night pretty often.

protege - September 7, 2022, 4:24 pm

i almost never dream. Well supposedly everyone dreams. But i don't remember my dreams if i do. been a few years since i've had a dream it seems

V?rt - September 7, 2022, 5:23 pm

I don't dream too ooften. I had a dream last night, but I honestly can't remember when I had a dream before that.

?nxy - September 7, 2022, 5:33 pm

I dream whenever I ask god

anoncrab - September 7, 2022, 6:02 pm

I dream a lot, usually don't remember them. But I recall several times, where I have had very odd dreams, almost visions if you want to call it that. They were so vivid, I can still recall them to each individual detail. Very strange imo.

Bk randy and blunt got u - September 7, 2022, 6:27 pm

I never dream i thjnk im crazy

de_g3ntl3m4n - September 7, 2022, 6:33 pm

Lately cant even sleep, go too much on my mind, no rest just stress hahahaha what is life, but used to dream every day not going to lie, lucid dreaming best dreaming, now i just wanna die and cry and rain hell to people who fcked with me, once i find out though of course

TheArchitect - September 8, 2022, 2:35 pm

I'm actually studying this topic. By myself obviously.

Everyone dreams , every night, each time they sleeep. They just don't remember it.

I have a book about dreams and exercise that helps you reminded them and have lucid dreams.

Before falling asleep tell yourself " I remember everything I dream" 10-11 times but you have to mean it and tell it seriously with WILL and desire to make it happen . It's like a auto hypnosis.

Try that and you will remember.

Goku - September 8, 2022, 2:40 pm

Every day, especially since i've stopped smoking weed. I did have a dream sometimes but now it really is every day and some are really vivid.

(Sep 7, 2022 06:33 PM)de_g3ntl3m4n Wrote: [\[CITE\]](#) Lately cant even sleep, go too much on my mind, no rest just stress hahahaha what is life, but used to dream every day not going to lie, lucid dreaming best dreaming, now i just wanna die and cry and rain hell to people who fcked with me, once i find out though of course

I had the same experience a while ago. I started meditating on those thoughts before going to sleep, and it pretty much works. This is also why you shouldn't suppress your feelings. It will catch on and fuck up your night/day.

Artisan - September 9, 2022, 1:17 am

(Sep 6, 2022 03:01 PM)DeepWeb Wrote: [\[CITE\]](#) How often do you dream guys?

For me, I dream every single day because I currently take sleeping pills on a daily basis which leads me to very deep sleep, so whenever I fall asleep I dream.

Im guessing most of them are nightmares as sleeping pills tend to have that side effect.

I dont dream much even though Im a sound sleeper.

coco. - September 23, 2022, 8:13 am

Fitting I saw this LOL, I hardly ever dream but holy shit I had one last night. I couldn't even get back to sleep because of how anxious and real it felt.

some days are harder than others ugh

Eran - September 23, 2022, 9:15 am

(Sep 7, 2022 07:08 AM)Pikachu Wrote: [\[CITE\]](#) I dream just about every night. I really have to get back to keeping a dream journal so I won't forget the details.

Do you just write down the details immediately when you wake up, when your memory of the dream is most fresh, or is there more to it?

Pikachu - September 23, 2022, 9:17 am

(Sep 23, 2022 09:15 AM)Eran Wrote: [\[CITE\]](#) Do you just write down the details immediately when you wake up, when your memory of the dream is most fresh, or is there more to it?

Best way to do so is to write them down right away as soon as you wake up so you don't forget any details, I haven't been doing it though. My recent dreams have been interesting. I'm also learning dream interpretation, or trying to. I have some dream interpretation cards back at home and a book on dreams

Eran - September 23, 2022, 9:19 am

(Sep 23, 2022 09:17 AM)Pikachu Wrote: [\[CITE\]](#) Best way to do so is to write them down right away as soon as you wake up so you don't forget any details, I haven't been doing it though. My recent dreams have been interesting. I'm also learning dream interpretation, or trying to. I have some dream interpretation cards back at home and a book on dreams

Interesting, have you have any lucid dreams while journaling? Read somewhere that it increases the chance of having a lucid dream.

Pikachu - September 23, 2022, 9:20 am

(Sep 23, 2022 09:19 AM)Eran Wrote: [\[CITE\]](#) Interesting, have you have any lucid dreams while journaling? Read somewhere that it increases the chance of having a lucid dream.

Everytime I come close I spring awake, that's something I wanna work on is learning to lucid dream. Once I have that figured out I wanna learn to Astral project

ENVIOUS - September 23, 2022, 9:26 am

I would say that I dream fairly often.

Most of the time I remember them because I can focus so deeply that it's almost as if I can control my movements while in that state.

Sometimes I forget what I dreamt about within the first 20 minutes of being awake, normally because it didn't stand out or it didn't have any importance (to me).

weeksv - September 23, 2022, 10:30 am

i dream every night. but i believe my dreams are actually me in an alternative universe or timeline. they are too real.

DeepWeb - September 23, 2022, 10:34 am

(Sep 23, 2022 10:30 AM)weeksv Wrote: [\[CITE\]](#) i dream every night. but i believe my dreams are actually me in an alternative universe or timeline. they are too real.
Do you often lucid dream when you take a nap?

weeksv - September 23, 2022, 10:41 am

(Sep 23, 2022 10:34 AM)DeepWeb Wrote: [\[CITE\]](#) Do you often lucid dream when you take a nap? Multiple times. I can wake up and go back to whatever "realm" I was in prior. It's weird but cool. Sometime I never wanna leave.
How about you?

DeepWeb - September 23, 2022, 10:50 am

(Sep 23, 2022 10:41 AM)weeksv Wrote: [\[CITE\]](#) Multiple times. I can wake up and go back to whatever "realm" I was in prior. It's weird but cool. Sometime I never wanna leave.
How about you?

Yes i do, but once i start controlling my dream, i get super scared and i start panicking to try to leave the dream.

SIM-353284 - September 23, 2022, 10:51 am

I recently purchased a dream dictionary, I would highly recommend the book.

Lilith - September 23, 2022, 10:53 am

I don't remember my dreams or nightmares very often, maybe a handful of times a month.

Gary - September 24, 2022, 5:52 pm

(Sep 23, 2022 10:53 AM)Lilith Wrote: [\[CITE\]](#) I don't remember my dreams or nightmares very often, maybe a handful of times a month.
I haven't dreamt much lately.

2xTheTap115 - September 25, 2022, 3:39 pm

(Sep 6, 2022 03:01 PM)DeepWeb Wrote: [\[CITE\]](#) How often do you dream guys?

For me, I dream every single day because I currently take sleeping pills on a daily basis which leads me to very deep sleep, so whenever I fall asleep I dream.

In fact, I have dreams quite often (without the use of additional stimulants) I have a much bigger problem with remembering them?

Riddle - September 25, 2022, 3:47 pm

(Sep 25, 2022 03:39 PM)2xTheTap115 Wrote: [\[CITE\]](#) In fact, I have dreams quite often (without the use of additional stimulants) I have a much bigger problem with remembering them?

I am in the same exact boat as you, it's always nice when I am able to remember a dream.

I had a problem a while ago where all my dreams felt super real and they were just about dull, boring everyday things. I used to have to people if plans that they had or stuff that they said was something that they actually said, or it was just something that happened in one of my dreams. It was a weird time.

[dot] - September 25, 2022, 9:58 pm

Not often, usually when I sleep with very tired full day at works, I will have dream on my sleep.

Birchmon - September 26, 2022, 6:48 pm

Never, I wish I remembered them!

570RM - September 26, 2022, 7:46 pm

I dream around 3-4 times a week.

SMMFlare - September 26, 2022, 8:09 pm

I vape nicotine throughout my sleep, as well as take sleeping supplements, so i tend to dream multiple times every night.

2xTheTap115 - September 27, 2022, 10:44 am

(Sep 25, 2022 03:47 PM)Riddle Wrote: [\[CITE\]](#) I am in the same exact boat as you, it's always nice when I am able to remember a dream.

I had a problem a while ago where all my dreams felt super real and they were just about dull, boring everyday things. I used to have to people if plans that they had or stuff that they said was something that they actually said, or it was just something that happened in one of my dreams. It was a weird time.

I can feel it, in my case it is so that I remember nightmares more often, but only because of their intensity? I think everyone does. I also had very realistic dreams that were closely related to everyday reality. Once, I even had a kind of deja vu in my dream where I was repeating a conversation with my friend that had actually happened a few hours earlier. I am not an expert, however, it seems to me that there could be a reaction of the body caused by high exposure to stress (which I was struggling with at that time and serious changes in my personal life).

Livewire - September 28, 2022, 1:17 am

I dream pretty often. I also lucid dream a lot aswell.

Thank God I haven't had sleep paralysis in years. I refuse to fall asleep on my back for this reason still.

Yanix - September 28, 2022, 5:14 am

(Sep 6, 2022 03:01 PM)DeepWeb Wrote: [\[CITE\]](#) How often do you dream guys?

For me, I dream every single day because I currently take sleeping pills on a daily basis which leads me to very deep sleep, so whenever I fall asleep I dream.

I usually dream when I over think of anything, something or anyone. ???

Gary - September 28, 2022, 6:18 am

(Sep 28, 2022 05:14 AM)Yanix Wrote: [\[CITE\]](#) I usually dream when I over think of anything, something or anyone. ???

Certified overthinkers moment causing himself nightmares

Yanix - September 28, 2022, 6:32 am

(Sep 28, 2022 06:18 AM)Gary Wrote: [\[CITE\]](#) Certified overthinkers moment causing himself nightmares

That's true, that's typical me...one of the overthinkers ?

Gary - September 28, 2022, 6:33 am

(Sep 28, 2022 06:32 AM)Yanix Wrote: [\[CITE\]](#) That's true, that's typical me...one of the overthinkers ? my brain hurts from overthinking too much as well

Cinq - September 28, 2022, 6:57 am

I used to dream pretty frequently. I used to be obsessed with the idea of lucid dreams. But sadly I only got them after I noticed myself getting into sleep paralysis. Somehow I managed to teach myself the ability to turn the first phase of a sleep paralysis into getting in a lucid dream.

Sadly, I don't dream at all lately because I barely sleep.

BiNBo - September 28, 2022, 7:37 am

I'd say I remember my dreams most nights, but by the afternoon I've already forgotten most if not all of the details. Love me a good hot and steamy slumber though.

Tulscan - September 28, 2022, 8:50 am

I dreamt about riley reed last night

VNT - October 5, 2022, 7:09 pm

Almost everyday, my gf wake up way before me, its making me go in surface sleep and i do lots of lucid dreams

Seaking - October 5, 2022, 7:22 pm

It's super rare for me to dream. Maybe once a month?

oRequiem - October 5, 2022, 7:22 pm

Gotta say it's every other night. Weirdly can't remember any of my dreams by now.

mickeh - October 5, 2022, 7:34 pm

I cant remember the last time i had a dream, ive heard smoking weed stops your dreams, that could be why?

LeetSpeed - October 6, 2022, 12:35 am

I dream every time I sleep.
All nightmares all the time.

Zeus - October 6, 2022, 12:43 am

Now I quit smoking weed a lot more ;p

HEISENPUG - October 6, 2022, 12:50 am

pretty much everyday but if i take melatonin i start tripping before i got to bed and end up having REM Sleep and nightmare even on just 1mg.

TB12GOAT - October 6, 2022, 12:56 am

(Oct 6, 2022 12:50 AM)HEISENPUG Wrote: [\[CITE\]](#) pretty much everyday but if i take melatonin i start tripping before i got to bed and end up having REM Sleep and nightmare even on just 1mg. Melatonin gives me INSANE dreams, I cant take it anymore ?

Koyote - October 6, 2022, 12:59 am

I dream every night that I don't smoke weed, which is becoming more and more often now I've been cutting it out. Used to smoke every day for years and never dreamed, now I'm with my girl and on a better path I barely smoke and my dreams are often and pretty cool too.

TB12GOAT - October 6, 2022, 1:02 am

(Oct 6, 2022 12:59 AM)TheCuriousCoyote Wrote: [\[CITE\]](#) I dream every night that I don't smoke weed, which is becoming more and more often now I've been cutting it out. Used to smoke every day for years and never dreamed, now I'm with my girl and on a better path I barely smoke and my dreams are often and pretty cool too.

It took me around 6 months after quitting to get a good night's rest, first few weeks were really bad with dreams/night sweats.

Koyote - October 6, 2022, 1:09 am

(Oct 6, 2022 01:02 AM)TB12GOAT Wrote: [\[CITE\]](#) It took me around 6 months after quitting to get a good night's rest, first few weeks were really bad with dreams/night sweats.

I had a very rough first couple of weeks where sleep was a bit of a myth and I would get a bit irritable, but having a girl who is calm, sweet and understanding helped to genuinely put me at ease and control how I felt. Was much easier after that!

SIM-5244392 - October 6, 2022, 1:56 am

Quite often but not not daily

Juoku - October 6, 2022, 2:01 am

I don't have a set times oer week or so, it's random for me, I can have months with no dreams and I can have weeks where I dream daily.

Recently I've been dreaming about 3 days a week

DeepWeb - October 18, 2022, 1:12 pm

(Oct 6, 2022 02:01 AM)Juoku Wrote: [\[CITE\]](#) I don't have a set times oer week or so, it's random for me, I can have months with no dreams and I can have weeks where I dream daily.

Recently I've been dreaming about 3 days a week
it depends on how relaxed your brain is.

Sys-3200 - October 18, 2022, 1:27 pm

I have the feeling that recently I've been dreaming more than usual, however I still find it pretty random, on average I'd say 3-4 times a week?

Sometimes I don't even fully remember what I dreamt but I recognize that I had a dream.

DeepWeb - October 18, 2022, 1:27 pm

(Oct 18, 2022 01:27 PM)Sys-3200 Wrote: [\[CITE\]](#) I have the feeling that recently I've been dreaming more than usual, however I still find it pretty random, on average I'd say 3-4 times a week?

Sometimes I don't even fully remember what I dreamt but I recognize that I had a dream.
same! for me, even if i sleep for 1min nap ill dream.

Sys-3200 - October 18, 2022, 1:31 pm

(Oct 18, 2022 01:27 PM)DeepWeb Wrote: [\[CITE\]](#) same! for me, even if i sleep for 1min nap ill dream.
Man I "hate" dreaming when I have lil naps, cause I would almost always wake up in the middle of the dream and won't end up knowing how the dream goes on?

DeepWeb - October 18, 2022, 1:31 pm

(Oct 18, 2022 01:31 PM)Sys-3200 Wrote: [\[CITE\]](#) Man I "hate" dreaming when I have lil naps, cause I would almost always wake up in the middle of the dream and won't end up knowing how the dream goes on?

i'm always so excited to sleep just to see dreams.

Sys-3200 - October 18, 2022, 1:35 pm

(Oct 18, 2022 01:31 PM)DeepWeb Wrote: [\[CITE\]](#) i'm always so excited to sleep just to see dreams.
It's definitely intriguing to see how our minds can come up with such dreams, many times I happened to dream about a mix of stuff that i heard/spoke about in the prior few days

DeepWeb - October 18, 2022, 1:36 pm

(Oct 18, 2022 01:35 PM)Sys-3200 Wrote: [\[CITE\]](#) It's definitely intriguing to see how our minds can

come up with such dreams, many times I happened to dream about a mix of stuff that i heard/spoke about in the prior few days

when you get too excited to just sleep and dream, you will have a lucid dream which I really love!! but scary at the same time.

TributeKiller - October 18, 2022, 1:38 pm

pretty sure I dream every night i rarely remember them though

Lindros - October 18, 2022, 1:40 pm

I think I dream nightly but I only remember them when I wake up 1-2 times a week I think.

TributeKiller - October 18, 2022, 1:41 pm

(Oct 18, 2022 01:40 PM)Lindros Wrote: [\[CITE\]](#) I think I dream nightly but I only remember them when I wake up 1-2 times a week I think.

dream of me tonight big boy ;D

DeepWeb - October 18, 2022, 1:43 pm

(Oct 18, 2022 01:40 PM)Lindros Wrote: [\[CITE\]](#) I think I dream nightly but I only remember them when I wake up 1-2 times a week I think.

do you find it hard to remember all details? every dream has a meaning.

TributeKiller - October 18, 2022, 1:45 pm

(Oct 18, 2022 01:43 PM)DeepWeb Wrote: [\[CITE\]](#) do you find it hard to remember all details? every dream has a meaning.

i remember last night i dreamed of my teeth falling out pretty sure its a stress dream

Seaking - October 18, 2022, 1:50 pm

Recently I've had a few nights in a row where i've started dreaming, but weirdly enough it was the same few nights I got woke up in the middle of the night.

TributeKiller - October 18, 2022, 1:54 pm

(Oct 18, 2022 01:50 PM)Seaking Wrote: [\[CITE\]](#) Recently I've had a few nights in a row where i've started dreaming, but weirdly enough it was the same few nights I got woke up in the middle of the night.

do you remember what the dreams were though?

Lindros - October 18, 2022, 1:57 pm

(Oct 18, 2022 01:43 PM)DeepWeb Wrote: [\[CITE\]](#) do you find it hard to remember all details? every dream has a meaning.

I remember the details a lot when I first wake up but if I don't think about them throughout the day, it will slowly fade from my memory throughout the day completely, minus a detail or two.

I think this is a feature, not a bug lol. I should probably start writing my dreams down.

Sys-3200 - October 18, 2022, 1:59 pm

(Oct 18, 2022 01:57 PM)Lindros Wrote: [\[CITE\]](#) I remember the details a lot when I first wake up but if I don't think about them throughout the day, it will slowly fade from my memory throughout the day completely, minus a detail or two.

I think this is a feature, not a bug lol. I should probably start writing my dreams down.

Yea pretty sure it's a feature as you call it, cause I experience the same every time it'll just fade over the day, unless it was a dream that had a very big impact on me and I manage to remember about the details even for a few days after, however this rarely happens to me

DeepWeb - October 19, 2022, 1:52 am

i just woke up after dreaming around 6 different dreams.

jBarrel - October 19, 2022, 2:20 am

I never remember my dreams, if i remember one, it's a nightmare

StuffSneak - October 19, 2022, 2:28 am

I rarely dream I guess because I can't remember any dream right now.

Sys-3200 - October 19, 2022, 2:35 am

(Oct 19, 2022 01:52 AM)DeepWeb Wrote: [\[CITE\]](#) i just woke up after dreaming around 6 different dreams.

I didn't dream tonight, or atleast I don't remember anything specific

DeepWeb - October 19, 2022, 2:36 am

(Oct 19, 2022 02:35 AM)Sys-3200 Wrote: [\[CITE\]](#) I didn't dream tonight, or atleast I don't remember anything specific

i am trying to find one what makes me dream so much

PxPxPx - October 19, 2022, 2:46 am

I dream almost every night despite being an everyday weed consumer

DeepWeb - October 19, 2022, 3:43 am

(Oct 19, 2022 02:46 AM)Poppincorn Wrote: [\[CITE\]](#) I dream almost every night despite being an everyday weed consumer

Can you remember your dreams?

PxPxPx - October 19, 2022, 4:32 am

(Oct 19, 2022 03:43 AM)DeepWeb Wrote: [\[CITE\]](#) Can you remember your dreams?

Sometimes a lot, i wake up a lot during the night and fall asleep back into the same dreams

I even get to lucid dream sometimes, something that only came recently after i lost my depression, same with the dreams. I'm in my twenties and didn't dream since i was a kid because of weed and depression i guess

DeepWeb - October 19, 2022, 5:24 am

(Oct 19, 2022 04:32 AM)Poppincorn Wrote: [\[CITE\]](#) Sometimes a lot, i wake up a lot during the night and fall asleep back into the same dreams

I even get to lucid dream sometimes, something that only came recently after i lost my depression, same with the dreams. I'm in my twenties and didn't dream since i was a kid because of weed and depression i guess

Same!!! After i got out of depression and stopped all kind of drugs,i started dreaming.

PxPxPx - October 19, 2022, 5:52 am

(Oct 19, 2022 05:24 AM)DeepWeb Wrote: [\[CITE\]](#) Same!!! After i got out of depression and stopped all kind of drugs,i started dreaming.

Too bad it also comes with a bunch of nightmares ?

DeepWeb - October 19, 2022, 6:37 am

(Oct 19, 2022 05:52 AM)Poppincorn Wrote: [\[CITE\]](#) Too bad it also comes with a bunch of nightmares ?

I never get nightmares dreams, even if it scary i can contorl it

zerocool - October 19, 2022, 12:12 pm

(Oct 19, 2022 02:46 AM)Poppincorn Wrote: [\[CITE\]](#) I dream almost every night despite being an everyday weed consumer

That supprises me as weed is known to supress dreams.

DeepWeb - October 19, 2022, 12:56 pm

(Oct 19, 2022 12:12 PM)zerocool Wrote: [\[CITE\]](#) That supprises me as weed is known to supress dreams.

Not all the people are the same i guess

zerocool - October 19, 2022, 12:58 pm

(Oct 19, 2022 12:56 PM)DeepWeb Wrote: [\[CITE\]](#) Not all the people are the same i guess I guess not, I just thought it was a given.

I remember when I stoped weed the dreams come back with such a vengance it wasnt nice at all.

Seaking - October 19, 2022, 1:01 pm

I've been getting horrible sleep the past few nights, but the dreams have been even more frequent. I wonder what's up with that? I went from nothing sleeping 7 hours and then I have a few bad nights where I get like 4 hours and they are constant.

zerocool - October 19, 2022, 1:06 pm

(Oct 19, 2022 01:01 PM)Seaking Wrote: [\[CITE\]](#) I've been getting horrible sleep the past few nights, but the dreams have been even more frequent. I wonder what's up with that? I went from nothing sleeping 7 hours and then I have a few bad nights where I get like 4 hours and they are constant. I tried reading a book on dreams once to undersatnd it better it just made me mroe confused.

DeepWeb - October 20, 2022, 6:51 am

(Oct 19, 2022 01:06 PM)zerocool Wrote: [\[CITE\]](#) I tried reading a book on dreams once to undersatnd it better it just made me mroe confused.

i always google every dream i get

xyyyxx - October 20, 2022, 7:00 am

shit i havent had a dream in like a month at least, could not tell you what it was but i remember telling my gf what it was. I smoke too much weed to have dreams when I sleep, at least that is what ive heard. Catch 22 tho, I smoke it to sleep! lol

Seaking - October 20, 2022, 7:12 am

(Oct 19, 2022 01:06 PM)zerocool Wrote: [\[CITE\]](#) I tried reading a book on dreams once to undersatnd it better it just made me mroe confused.

They always want to psychoanalyze the dream and break it apart into weird things. I'm a simple person and have simple dreams when I actually dream.

DeepWeb - October 20, 2022, 7:14 am

(Oct 20, 2022 07:12 AM)Seaking Wrote: [\[CITE\]](#) They always want to psychoanalyze the dream and break it apart into weird things. I'm a simple person and have simple dreams when I actually dream. sleeping is now one of the favorite thing to do, i think im getting too old now.

Sys-3200 - October 20, 2022, 7:38 am

I'm fairly sure I had a nightmare tonight, but I can't exactly remember what it was, I only remember because I woke up all of a sudden in the middle of the night luckily managed to get back to sleep because I was very tired

evil zone - October 20, 2022, 7:44 am

almost every day but I don't remember my dreams

Jinu - October 20, 2022, 7:45 am

Last month I had dreams frequently all day. Now it has been reduced.

DeepWeb - October 20, 2022, 8:02 am

(Oct 20, 2022 07:45 AM)Jinu Wrote: [\[CITE\]](#) Last month I had dreams frequently all day. Now it has been reduced.

Do you know what's the reason why it got reduced?

Jinu - October 20, 2022, 8:28 am

(Oct 20, 2022 08:02 AM)DeepWeb Wrote: [\[CITE\]](#) Do you know what's the reason why it got reduced?

I could say, I wake up earlier these days. That maybe the reason in my case.

Seaking - October 20, 2022, 8:47 am

(Oct 20, 2022 08:28 AM)Jinu Wrote: [\[CITE\]](#) I could say, I wake up earlier these days. That maybe the reason in my case.

For me it's only when I get woke up within an hour of going to sleep. Usually AFTER that I can dream. It's weird.

Jinu - October 20, 2022, 8:49 am

(Oct 20, 2022 08:47 AM)Seaking Wrote: [\[CITE\]](#) For me it's only when I get woke up within an hour of going to sleep. Usually AFTER that I can dream. It's weird.

It changes from person to person. Depends on your environment and what kind of person you are.

Mac Miller - October 20, 2022, 9:07 am

I dream sometimes. When I do it's usually vivid.

mimmort8890888 - October 31, 2022, 12:19 pm

I can't dream ... or dream but I never remember what can I do?

DeepWeb - October 31, 2022, 12:19 pm

(Oct 31, 2022 12:19 PM)mimmort8890888 Wrote: [\[CITE\]](#) I can't dream ... or dream but I never remember what can I do?

i dream almost everyday and i really enjoy it.

mimmort8890888 - October 31, 2022, 12:21 pm

(Oct 31, 2022 12:19 PM)DeepWeb Wrote: [\[CITE\]](#) i dream almost everyday and i really enjoy it. you are lucky. I would like to dream

what i like best when i am making love with women i will never have jjj

DeepWeb - October 31, 2022, 12:23 pm

(Oct 31, 2022 12:21 PM)mimmort8890888 Wrote: [\[CITE\]](#) you are lucky. I would like to dream what i like best when i am making love with women i will never have jjj

it's the best experience i can go though in the day.

Michael - October 31, 2022, 12:54 pm

(Oct 31, 2022 12:24 PM)Animal Wrote: [\[CITE\]](#) Me and [Michael](#) dream about [Nachfolger](#) regularly. No comment. ?

TB12GOAT - October 31, 2022, 1:33 pm

Not often, I cant remember the last time I had one.

DeepWeb - October 31, 2022, 1:38 pm

(Oct 31, 2022 01:33 PM)TB12GOAT Wrote: [\[CITE\]](#) Not often, I cant remember the last time I had one.

try to focus on remembering it before you fall asleep

c0rvidz - November 23, 2022, 8:10 pm

I dream pretty much once or twice a week.

Often times its about spiders, or a very unusual series of events that I only vaguely remember after

coco. - November 23, 2022, 8:27 pm

Very rarely, I remember my dreams on some occasions but they're usually pretty significant.

Dandybangers - November 23, 2022, 9:47 pm

yo whats up new here hope everyones having a swell time

omegalord - November 24, 2022, 12:12 am

for me i hardly dream but when i dream its always 100%

pms - November 24, 2022, 5:45 am

I dont really dream anymore, kinda sad. Well i dont remember them atleast.

SixtySix - November 24, 2022, 6:48 am

For me, I dream every few months

bqu31zo5eLqW2UouB2Hn - November 28, 2022, 10:31 am

Every night pretty sure. Mix of dreams and nightmares.

hamradiator - November 28, 2022, 10:37 am

Like once or twice a week, I guess its because I only sleep about 5-6 hours every day.

On the weekends i sleep like 10 hours which isnt quite good but i love to sleep a lot..

imapingger - November 28, 2022, 5:19 pm

I wish I could dream but I literally never do. Maybe less than 3 times a year. zzz

CuriousFellow11 - November 28, 2022, 5:36 pm

I used to dream alot more. These days, usually dreamless sleeps though

Ratt - November 28, 2022, 6:44 pm

Rarely remember them, when I do they were usually great and exciting dreams, however I usually forget them once I fall back asleep and wake up again. Used to keep a dream journal to try and aid in lucid dreaming, still have yet to lucid dream though.

doniii - November 30, 2022, 6:51 am

i don t dream at all and it s getting weird

StuffSneak - November 30, 2022, 7:41 am

I rarely dream. Anyhow when I do, I don't remember the dream anyway next day.

xend34 - November 30, 2022, 2:41 pm

I haven't seen it for a long time. i even forgot when i was

mdkgr321 - January 21, 2023, 12:08 am

More that I conceive, but I can remember 1-2 times per week.

OneSkaw - January 21, 2023, 11:03 am

I dream every night, not that I can recall all of them tho.

Jam1e - January 21, 2023, 11:21 am

I dream every night. If I slowly wake up, I can remember my dream. If I wake up to an alarm, straight out of bed, I rarely remember my dreams. Although something I do during my day can suddenly spark the memories of the dream I had. Happens quite often... which shows how dull my dreams are if my day to day life reminds me of my dreams haha

Zan - September 6, 2023, 8:31 pm

Weekly. Certainly not every night

capozito - September 7, 2023, 1:10 pm

almost every night..

LeetSpeed - September 9, 2023, 8:52 pm

Since I quit smoking marijuana I dream every time I sleep.

DashPHP - September 9, 2023, 10:41 pm

I've had some really questionable dreams lately. Typa dream where you're over sweating irl lol

RandoDude - September 13, 2023, 9:20 am

I dream very frequently. Almost everyday. I might dream everyday but I probably just forget the dreams when I wake up.

HORUS - September 13, 2023, 10:03 pm

I dream 4 times a week approx.
nightmares mostly LOL

Syndicate - September 14, 2023, 9:04 am

I wish I could dream every single night! I either don't remember my dreams at all or I just don't have dreams

TheOne123 - September 14, 2023, 11:16 am

Every single time I close my eyes!!!!

fullice - September 14, 2023, 12:30 pm

Every time I sleep, I dream. Some are nice, some are scary. Haha!

nextmark - September 28, 2023, 3:11 am

I dream a lot sometimes and sometimes not. My dreaming is seasonal I see nightmares more than good dreams. Everytime when winter is coming I'll start dreaming and it lasts to spring. So I'll dream only in winter time XD I have dreams also in other time too obv but not that much.

Azythum - September 28, 2023, 3:51 am

I certainly dream but I don't remember my dreams.

DaintyBow - September 28, 2023, 1:28 pm

About everyday as I hope to get a lucid dream once in awhile

Biggs - September 28, 2023, 8:17 pm

To be honest, not that often. But when I dream it's really crazy stuff most of the times, can't remember my last dream though it's been a while.

diablospartan - September 29, 2023, 7:36 am

Well i think i dream everyday and i have many dreams and i think remember just one or 2 per night

Yanix - September 29, 2023, 7:59 am

I almost dream 2-3 times a week lately but for today I don't know if I might be able to dream for I can't sleep. Something bad happened to us today and I need to stay awake the whole night I guess.

Lyrice - September 29, 2023, 8:12 am

I used to never dream, but after taking magnesium, I dream almost every night.

protege - September 29, 2023, 10:36 am

i used to dream at night but it stopped once i got health issues

BlackMale - September 29, 2023, 1:17 pm

Haha I dream everyday and some nightmares here and there.

Rionxee - September 29, 2023, 2:51 pm

I dream every night. I take melatonin in cycles to increase the levels of vivid dreams. Melatonin has always made me have sophisticated and complex dreams, which I enjoy.

EmperorPalpatine - September 30, 2023, 8:20 am

Either I stopped dreaming or I'm getting old and can't remember shit.

Supposedly we dream every night but I don't recall any recent dreams.

The ones I do recall is probably two times a week at most. I don't sleep long hours though.

4 hrs is enough for me, 5 on work days.

DemonAsylum - September 30, 2023, 8:53 pm

Thinking back as of any bit recently, not much. Maybe once or twice a week? Probably longer sometimes though. I suppose I don't know what the usual is if there even is a usual, but yeah that's what's "normal" for me nowadays I think.

DashPHP - October 1, 2023, 7:01 pm

I've had some crazyyyyyy ass dreams this past week. Like 3 in a row. Last few days empty, but damn, those dreams were insane.

fuck knows what happened but it was insane

Alpha Geek - October 1, 2023, 7:06 pm

Lately I dream every night. It's not all good dreams, nor is it all bad. Just dreams about the present, some reminders from the past, stressors of the future.

I don't remember most of them, but since I'm up all night with the baby whenever he needs anything, I'm painfully aware that I am dreaming. I wake from them to care for him, then fall right back into the same dreams when I close my eyes again.

Komodo - October 1, 2023, 9:17 pm

Everytime I dream, duh

sweatpants - October 3, 2023, 10:57 pm

(Oct 1, 2023 07:15 PM)Dyne Wrote: [\[CITE\]](#) I dream of the day [Ash Ketchum](#) [sweatpants](#) [Boil](#) and the others were active again

One day the stars will re-align and I will once again become active. Until then, Cheers

Prettykitty - October 3, 2023, 11:24 pm

I am not sure, usually I don't remember if I dreamed or not upon waking. I can tell sometimes for sure, though, so concluding with dreaming occasionally as an answer.

Night Storm - October 3, 2023, 11:46 pm

I am a day dreamer. So, I would say "All the time"

Hungry4Knowledge - October 4, 2023, 12:36 am

Every night I have very vivid dreams.

Thanks to antidepressants I took in the past.

Don't need them anymore but they altered something in my mind....but not complaining. I like them dreams.

DeepWeb - October 4, 2023, 4:53 am

(Oct 4, 2023 12:36 AM)Hungry4Knowledge Wrote: [\[CITE\]](#) Every night I have very vivid dreams.

Thanks to antidepressants I took in the past.

Don't need them anymore but they altered something in my mind....but not complaining. I like them dreams.

I currently take xanax, i get a lot of vivid dreams.

If i stop taking, will i still get them dreams?

No Bra - October 4, 2023, 4:57 am

(Oct 4, 2023 04:53 AM)DeepWeb Wrote: [\[CITE\]](#) I currently take xanax, i get a lot of vivid dreams.

If i stop taking, will i still get them dreams?

Sounds like you've got a VIP pass to Dreamland with that Xanax!

DeepWeb - October 4, 2023, 5:02 am

(Oct 4, 2023 04:57 AM)NobGra Wrote: [\[CITE\]](#) Sounds like you've got a VIP pass to Dreamland with that Xanax!

I dream a lot, even if i sleep for 20 minutes i dream.

No Bra - October 4, 2023, 5:03 am

(Oct 4, 2023 05:02 AM)DeepWeb Wrote: [\[CITE\]](#) I dream a lot, even if i sleep for 20 minutes i dream.

Your brain's got a 24/7 cinema going on in there! ? Always showing something, huh? ?

DashPHP - October 4, 2023, 5:10 am

Not that often, but when I do it's pretty intense.

Hungry4Knowledge - October 4, 2023, 6:24 am

(Oct 4, 2023 04:53 AM)DeepWeb Wrote: [\[CITE\]](#) I currently take xanax, i get a lot of vivid dreams.

If i stop taking, will i still get them dreams?

Are you planning on quitting xanax? How much do you take a day if you don't mind me asking?

I think your dreams wouldn't go after stopping tho

Facecrook - October 4, 2023, 7:50 am

This depends on many factors, If I smoke bud I don't dream at all, sober I have dreams. So it's hit and miss for me!

roux115551 - October 4, 2023, 8:52 am

I haven't remembered a dream in like 5 years and it's upsetting

BlackMale - October 4, 2023, 3:12 pm

So many dreamers always good to dream you know.

Komodo - October 4, 2023, 3:58 pm

(Oct 4, 2023 02:27 PM)Dyne Wrote: [\[CITE\]](#) [Komodo](#) do you dream?

Of me?

Only when I drink

Blazin - October 4, 2023, 4:48 pm

Everyone dreams, just not everyone remembers it. I'd say I remember mine at least 2-3 times a week.

GmaN™ - October 4, 2023, 4:49 pm

Dreams are a fascinating aspect of the human experience, and they can vary in frequency and intensity based on various factors, including sleep patterns, habits, and medications.

Disease - October 4, 2023, 5:00 pm

(Sep 6, 2022 03:01 PM)DeepWeb Wrote: [\[CITE\]](#) How often do you dream guys?

For me, I dream every single day because I currently take sleeping pills on a daily basis which leads me to very deep sleep, so whenever I fall asleep I dream.

I don't remember my dreams very often. It's not rare, but not every night that's for sure. Once a week maybe?

Deany - October 4, 2023, 5:03 pm

Often, and they are trippy as frick too.

TopGunNinja_ - October 5, 2023, 5:03 pm

I only dream a couple times a month. I enter REM sleep very very rarely unfortunately.

SRT - October 7, 2023, 9:22 pm

Not often unless i'm really exhausted or after a big night out

perm - October 9, 2023, 2:47 pm

I don't dream anymore for the last year. Not sure why.

Local Celeb - October 9, 2023, 2:55 pm

Almost every night, sometimes multiple dreams in a night ?

Redemption - October 9, 2023, 2:59 pm

When I sleep, I normally don't dream. The only time I frequently dream is when I'm dealing with a lot of stress. What kind of dreams do y'all typically have?

Grim - October 9, 2023, 3:46 pm

(Oct 9, 2023 02:55 PM)Asydix Wrote: [\[CITE\]](#) Almost every night, sometimes multiple dreams in a night ?

dam any of them wet?

projectnovex - October 9, 2023, 4:11 pm

less than i used to because like a lot ive become insomniac

Prettykitty - October 9, 2023, 5:07 pm

I had an anxious dream recently but forgot what it was exactly :(

Local Celeb - October 10, 2023, 12:09 am

(Oct 9, 2023 03:46 PM)Grim Wrote: [\[CITE\]](#) dam any of them wet?
Not unless I wake up to some sloppy ?

Pancake Boat - October 10, 2023, 12:10 am

I rarely remember my dreams, and if I do - they are weird as hell, too realistic, yet with too many unanswered questions.

Bastille - October 10, 2023, 12:41 am

I remember my dreams almost every night, I heard that means that you don't sleep well when you remember them, is it real ?

Local Celeb - October 10, 2023, 12:47 am

(Oct 10, 2023 12:41 AM)Yseurk Wrote: [\[CITE\]](#) I remember my dreams almost every night, I heard that means that you don't sleep well when you remember them, is it real ?

I'm pretty sure dreams are the brains way of "dealing with" or "acting out" certain situations. Hence why some can be deeply metaphoric & symbolic. Hopefully it doesn't mean a poor nights sleep :o

Money- - October 10, 2023, 12:51 am

Rarely man. I can dream if I am on medication or whatever drug tho. But normal sleep nah. Very rare.

Local Celeb - October 10, 2023, 1:04 am

(Oct 10, 2023 12:51 AM)Money- Wrote: [\[CITE\]](#) Rarely man. I can dream if I am on medication or whatever drug tho. But normal sleep nah. Very rare.

Do you sleep well regularly?

Godofcrypto - October 10, 2023, 1:05 am

Did you guys know interesting fact is that whatever you think of right before going to bed, this is what you are usually expected to dream?

Money- - October 10, 2023, 1:06 am

(Oct 10, 2023 01:04 AM)Asydix Wrote: [\[CITE\]](#) Do you sleep well regularly?

Yes sleep normal. 6 hours or max 9 hours.

Back in the old days when I was a kid or younger , sleeping 10 hours is the best. but nowadays is mostly 6 or 9 hours.

Weird as I grow older the amount of sleep i need becomes lesser?

Local Celeb - October 10, 2023, 1:06 am

(Oct 10, 2023 01:06 AM)Money- Wrote: [\[CITE\]](#) Yes sleep normal. 6 hours or max 9 hours.

Back in the old days when I was a kid or younger , sleeping 10 hours is the best. but nowadays is mostly 6 or 9 hours.

Weird as I grow older the amount of sleep i need becomes lesser?

Not weird aha, I'm the same way. Would stay up till 4am as a kid, now, I'm up at 4am as a man ?

Something about self-discipline & responsibilities does it for me.

Money- - October 10, 2023, 1:20 am

(Oct 10, 2023 01:06 AM)Asydix Wrote: [\[CITE\]](#) Not weird aha, I'm the same way. Would stay up till

4am as a kid, now, I'm up at 4am as a man ?

Something about self-discipline & responsibilities does it for me.

Oh hell no , I ain't staying up late anymore. Back then was fun but nah man Sleep at like 12 am or maybe I can go 2 am max or 1 am max.

I aint going to bed at 6 or 5 am anymore that's just painful for my body honestly.

Online Sir - October 10, 2023, 1:36 am

I dream when my alarm goes off and I snooze it for 5 minutes. Thats when I can recall I'm dreaming.

Cyam - October 10, 2023, 1:46 am

I do dream very often. Used to be a period when I didn't dream at all so this is a nice change

LOUD - October 10, 2023, 3:46 am

Interesting thread. I dream almost every night as well but when I take melatonin I tend to only have vivid night mares.?

Laughing Man - October 20, 2023, 1:25 pm

Since I stopped smoking weed, It took about 30 days, however I have started dreaming again.

Kinda wish I wasn't lots of dreams of my dead father.

Seaking - October 20, 2023, 1:29 pm

I normally don't dream, but man last night I took some medication and slept for like 9 hours with some crazy dreams. Didn't really want to get up this morning.

Laughing Man - October 20, 2023, 1:31 pm

(Oct 20, 2023 01:29 PM)Seaking Wrote: [\[CITE\]](#) I normally don't dream, but man last night I took some medication and slept for like 9 hours with some crazy dreams. Didn't really want to get up this morning.

Do you smoke the green?

Seaking - October 20, 2023, 1:33 pm

(Oct 20, 2023 01:31 PM)Laughing Man Wrote: [\[CITE\]](#) Do you smoke the green?

Only about a year now. I hear that's a thing that happens, but I've been doing the sleep to black and wake up for about 15 years now.

Laughing Man - October 20, 2023, 1:34 pm

(Oct 20, 2023 01:33 PM)Seaking Wrote: [\[CITE\]](#) Only about a year now. I hear that's a thing that happens, but I've been doing the sleep to black and wake up for about 15 years now.

Green delays REM and stops dreams.

Seaking - October 20, 2023, 1:44 pm

(Oct 20, 2023 01:34 PM)Laughing Man Wrote: [\[CITE\]](#) Green delays REM and stops dreams.

Yea that's what I've heard. Went to a doctor for my sleep issues years ago and got some help. I was getting roughly 47 interrupts per hour of sleep. Just driving longer than 30 minutes and I was practically falling asleep at the wheel.

Laughing Man - October 20, 2023, 1:45 pm

(Oct 20, 2023 01:44 PM)Seaking Wrote: [\[CITE\]](#) Yea that's what I've heard. Went to a doctor for my sleep issues years ago and got some help. I was getting roughly 47 interrupts per hour of sleep. Just driving longer than 30 minutes and I was practically falling asleep at the wheel.

Same.

I'm an Idiopathic Hypersomnic and an Insomniac.

So I can fall sleep quickly, but I don't stay down.

Seaking - October 20, 2023, 1:55 pm

(Oct 20, 2023 01:45 PM)Laughing Man Wrote: [\[CITE\]](#) Same.

I'm an Idiopathic Hypersomnic and an Insomniac.

So I can fall sleep quickly, but I don't stay down.

It's actually helped me a bit to fall asleep. I still don't dream, but it doesn't take me 1-2 hours to pass out anymore.

Laughing Man - October 20, 2023, 1:58 pm

(Oct 20, 2023 01:55 PM)Seaking Wrote: [\[CITE\]](#) It's actually helped me a bit to fall asleep. I still don't dream, but it doesn't take me 1-2 hours to pass out anymore.

Yeah but medical research shows that it delays REM and fucking hurts your brains restfulness despite putting you out rather quickly.

Seaking - October 20, 2023, 1:59 pm

(Oct 20, 2023 01:58 PM)Laughing Man Wrote: [\[CITE\]](#) Yeah but medical research shows that it delays REM and fucking hurts your brains restfulness despite putting you out rather quickly.

Well damn. Guess I'll have to look into what it does to the sleep cycle. I'd rather not fuck my already fucked up sleep schedule even more.

Laughing Man - October 20, 2023, 2:02 pm

(Oct 20, 2023 01:59 PM)Seaking Wrote: [\[CITE\]](#) Well damn. Guess I'll have to look into what it does to the sleep cycle. I'd rather not fuck my already fucked up sleep schedule even more.

took me 75 days, but my sleep has returned to semi-normal with melatonin.

Seaking - October 20, 2023, 2:06 pm

(Oct 20, 2023 02:02 PM)Laughing Man Wrote: [\[CITE\]](#) took me 75 days, but my sleep has returned to semi-normal with melatonin.

If I take any melatonin it's like someone walked up behind me with a bat and just swung as hard as they could. I'm always out for at least 8 hours.

Laughing Man - October 20, 2023, 2:09 pm

(Oct 20, 2023 02:06 PM)Seaking Wrote: [\[CITE\]](#) If I take any melatonin it's like someone walked up behind me with a bat and just swung as hard as they could. I'm always out for at least 8 hours.

8 hours is a good sleep.

Money- - October 20, 2023, 5:46 pm

(Oct 20, 2023 01:29 PM)Seaking Wrote: [\[CITE\]](#) I normally don't dream, but man last night I took some medication and slept for like 9 hours with some crazy dreams. Didn't really want to get up this morning.

Ayo gang how's ur pumpkin progress?

Seaking - October 20, 2023, 6:34 pm

(Oct 20, 2023 05:46 PM)Money- Wrote: [\[CITE\]](#) Ayo gang how's ur pumpkin progress?

At 18% now. Much better progress today.

Money - October 20, 2023, 9:41 pm

(Oct 20, 2023 06:34 PM)Seaking Wrote: [\[CITE\]](#) At 18% now. Much better progress today.

Ya gona need to rake up really hard my man. We only left like maybe 1 week and a half or just 2 weeks.

Nate - October 20, 2023, 10:50 pm

probably everytime i fall asleep, i mean thats what usually happens.

WebArt - October 21, 2023, 4:14 am

(Oct 20, 2023 10:50 PM)Nate Wrote: [\[CITE\]](#) probably everytime i fall asleep, i mean thats what usually happens.

not every time but sometimes its happen to me. and if its happen everyday that's means he is ill

B3A - October 21, 2023, 5:53 am

i smoke a lot of weed so i dont dream a lot

SIM-5438384 - October 21, 2023, 7:21 am

Probably more than I'm aware of. I wonder if my dreams are real or if "reality" is my dream.

Cap - October 21, 2023, 9:21 am

I rarely recall my dreams. I may remember a dream once a month, if that. It just feels like when I'm asleep, I'm literally dead to the world.

Proof - October 21, 2023, 9:22 am

I dream almost every night, but the question of remembering it and to what extent is different each time I feel like.

bunkindb - October 21, 2023, 11:18 am

Often differs but multiple times a week, often forget about the dreams that I do have.

Laughing Man - October 21, 2023, 1:32 pm

I feel melatonin also promotes dreaming, I heard so do MDMA, LSD, MUSHROOMS and ACID.

Lyrica - October 21, 2023, 2:37 pm

I often find myself in a reflective state, pondering and processing. When it comes to actual dreams, they seem to be a frequent occurrence. There are times when they're incredibly vivid, compelling me to make note of them.

Laughing Man - October 21, 2023, 2:45 pm

(Oct 21, 2023 02:37 PM)Lyrica Wrote: [\[CITE\]](#) I often find myself in a reflective state, pondering and processing. When it comes to actual dreams, they seem to be a frequent occurrence. There are times when they're incredibly vivid, compelling me to make note of them.

If you have VIVID dreams it means if you become self aware you can LUCID dream and control everything.

Lyrica - October 21, 2023, 2:50 pm

(Oct 21, 2023 02:45 PM)Laughing Man Wrote: [\[CITE\]](#) If you have VIVID dreams it means if you become self aware you can LUCID dream and control everything.

That's an intriguing concept, but lucid dreaming genuinely scares me. I've experienced sleep paralysis before, where I felt "awake" but couldn't move. There was this haunting "woman entity" seemingly choking me while she sat on my chest, and a tall man in a suit just loomed in the corner

of my room. The whole ordeal terrified me, making me dread sleep for months. The idea of potentially encountering that while being conscious in a dream? Just too unnerving for me.

Laughing Man - October 21, 2023, 2:54 pm

(Oct 21, 2023 02:50 PM)Lyrica Wrote: [\[CITE\]](#) That's an intriguing concept, but lucid dreaming genuinely scares me. I've experienced sleep paralysis before, where I felt "awake" but couldn't move. There was this haunting "woman entity" seemingly choking me while she sat on my chest, and a tall man in a suit just loomed in the corner of my room. The whole ordeal terrified me, making me dread sleep for months. The idea of potentially encountering that while being conscious in a dream? Just too unnerving for me.

I mean, you can always choose to explore it slowly and overtime, obviously anything new and strange can create feelings of panic and sleep paralysis is not something I've dealt with so I really can't comment on that.

Lyrica - October 21, 2023, 2:57 pm

(Oct 21, 2023 02:54 PM)Laughing Man Wrote: [\[CITE\]](#) I mean, you can always choose to explore it slowly and overtime, obviously anything new and strange can create feelings of panic and sleep paralysis is not something I've dealt with so I really can't comment on that.

I appreciate your perspective, but sleep paralysis was a deeply traumatizing experience for me. While some might see the appeal in exploring dreams more deeply, the fear and horror of that event still linger. It's not something I can easily move past or approach lightly. I respect that it's hard to fully understand without experiencing it firsthand, but for me, it's a line I'd rather not cross again.

Laughing Man - October 21, 2023, 3:02 pm

(Oct 21, 2023 02:57 PM)Lyrica Wrote: [\[CITE\]](#) I appreciate your perspective, but sleep paralysis was a deeply traumatizing experience for me. While some might see the appeal in exploring dreams more deeply, the fear and horror of that event still linger. It's not something I can easily move past or approach lightly. I respect that it's hard to fully understand without experiencing it firsthand, but for me, it's a line I'd rather not cross again.

I had anesthesia paralysis that was fucking terrible. They pushed it, it started burning horribly I wanted to claw at my arm but couldn't move. Started screaming at the top of my lungs from the pain and a nurse had to gas mask me to put me out.

Lyrica - October 21, 2023, 3:11 pm

(Oct 21, 2023 03:02 PM)Laughing Man Wrote: [\[CITE\]](#) I had anesthesia paralysis that was fucking terrible. They pushed it, it started burning horribly I wanted to claw at my arm but couldn't move. Started screaming at the top of my lungs from the pain and a nurse had to gas mask me to put me out.

That sounds fucking terrifying. Anesthesia paralysis gone wrong like that must have been a nightmare. The idea of not being able to move while feeling that kind of pain is truly chilling. I hope you've fully recovered from that ordeal.

??CU?I?? TM - October 21, 2023, 3:16 pm

(Sep 6, 2022 03:01 PM)DeepWeb Wrote: [\[CITE\]](#) How often do you dream guys?

For me, I dream every single day because I currently take sleeping pills on a daily basis which leads me to very deep sleep, so whenever I fall asleep I dream.

When I was young and in my teens, I used to had many dreams and daily almost. But as I am growing up dreams have started to occur less. I think it is due to all the stress of work and family which makes it happen. Now I hardly have dreams once or twice in month.

Laughing Man - October 21, 2023, 3:17 pm

(Oct 21, 2023 03:11 PM)Lyrica Wrote: [\[CITE\]](#) That sounds fucking terrifying. Anesthesia paralysis

gone wrong like that must have been a nightmare. The idea of not being able to move while feeling that kind of pain is truly chilling. I hope you've fully recovered from that ordeal.

Luckily I was able to speak up before I became vocally paralyzed but yes the fear of being operated on while completely awake and lucid terrifies me.

Lyrica - October 21, 2023, 3:21 pm

(Oct 21, 2023 03:17 PM)Laughing Man Wrote: [\[CITE\]](#) Luckily I was able to speak up before I became vocally paralyzed but yes the fear of being operated on while completely awake and lucid terrifies me.

That sounds incredibly terrifying. The fear of being operated on while fully awake and lucid is straight up nightmare fuel.

Laughing Man - October 21, 2023, 3:26 pm

(Oct 21, 2023 03:21 PM)Lyrica Wrote: [\[CITE\]](#) That sounds incredibly terrifying. The fear of being operated on while fully awake and lucid is straight up nightmare fuel.

Yep and lately having dreams about my dead father who passed less than a year ago is killing me.

Idontknowhoo - October 21, 2023, 3:28 pm

You had so wet dream i suppose if you saying the truth about the dream :) !

Laughing Man - October 21, 2023, 3:31 pm

(Oct 21, 2023 03:28 PM)Idontknowhoo Wrote: [\[CITE\]](#) You had so wet dream i suppose if you saying the truth about the dream :) !

What? Wet dreams are a trigger of lack of sexual activity and ones brain attempting to force ejection of dead sperm.

Lyrica - October 21, 2023, 3:35 pm

(Oct 21, 2023 03:26 PM)Laughing Man Wrote: [\[CITE\]](#) Yep and lately having dreams about my dead father who passed less than a year ago is killing me.

I'm really sorry to hear about that. That's fucking tough to handle. Just so you know, I'm here for you anytime if you want to chat or need some support. Grief is a heavy thing.

Dorrance - October 21, 2023, 3:37 pm

We dream everyday gotta have some to live for

Laughing Man - October 21, 2023, 3:40 pm

(Oct 21, 2023 03:35 PM)Lyrica Wrote: [\[CITE\]](#) I'm really sorry to hear about that. That's fucking tough to handle. Just so you know, I'm here for you anytime if you want to chat or need some support. Grief is a heavy thing.

Meh, it's the brains way to coping with loss and trauma. Happens to us all.

Tor - October 22, 2023, 9:55 am

(Sep 6, 2022 03:01 PM)DeepWeb Wrote: [\[CITE\]](#) How often do you dream guys?

For me, I dream every single day because I currently take sleeping pills on a daily basis which leads me to very deep sleep, so whenever I fall asleep I dream.

Personally, I believe we all dream every night, but it's the recall that varies from person to person. I tend to remember my dreams quite vividly a few times a week.

JustWentBolix - October 22, 2023, 11:11 am

Interesting topic. I never actually remember my dreams but I do believe we dream every time we sleep.

Stanley - *October 26, 2023, 9:06 am*

I'm Stanley HF's helper bot. The OP (original poster) of this thread wants everyone to see this page and has elected to bump it to the top of the showthread listing. Since HF doesn't want a ton of LQP (Low Quality Posts) this is the best method of bumping your content. There is a small ?yte fee for each bump. Any OP can bump any of their threads on HF from the linked icon on the top of their first post.

If you haven't already read the first post of this thread we encourage you to do so.

Thanks,
Stanley

Slumerican ? - *October 26, 2023, 9:23 am*

I frequently experience dreams, although not on a nightly basis. On average, I would estimate having around 3 to 4 dreams per week or something similar to that frequency.

LOUD - *October 27, 2023, 12:31 am*

I have sick these last 4 days so the NyQuil dreams have been going crazy!!

Endorphins - *October 27, 2023, 12:42 am*

I don't dream or more accurately I don't remember my dreams anymore. I know I dream but when I wake up, I completely forgot about it.

Crowned - *October 28, 2023, 10:47 am*

Now a days I rarely dream and if I do, it's the most random dream ever.