

Forum:[Hack Forums](#)

Thread: [Do You Remember Your Dreams?](#)

Epic - October 15, 2024, 4:16 pm

Hello everyone,

Wanted to bring this discussion to the lounge. Do you always rarely, or never, remember your dreams? What are some of the craziest one you can remember?

Personally, I probably wake up in the morning and remember them about 30% of the time. I have heard that if you journal your dreams, it can encourage your brain to remember them more often, but I've never tested this theory.

My most recent weird one is from a few weeks ago. I was pulling a massive tray of raw ground beef out of the oven, but I needed to shower soon for some reason. I dropped the entire tray of beef, it fell everywhere, and then I proceeded to walk through it spreading it all over the house to get to the shower, only to clean it up later. Nuts.

Let's hear it.

Deany - October 15, 2024, 4:20 pm

Sometimes yes, sometimes no. Doesn't make sense.

Jamika - October 15, 2024, 4:43 pm

(Oct 15, 2024 04:16 PM)Epic Wrote: [\[CITE\]](#) Hello everyone,

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Tbh i dont remember all of my dreams, i remember some and forget others, but even those i forget later

Epic - October 15, 2024, 6:28 pm

(Oct 15, 2024 04:20 PM)Deany Wrote: [\[CITE\]](#) Sometimes yes, sometimes no. Doesn't make sense.

(Oct 15, 2024 04:43 PM)Jamika Wrote: [\[CITE\]](#) Tbh i dont remember all of my dreams, i remember some and forget others, but even those i forget later

Seems like we all remember some and forget others, lol. I sometimes wonder if not remembering them all is a GOOD thing, lol.

Jinu - October 15, 2024, 7:22 pm

That's an interesting dream! It's funny how our minds mix the most random things like cooking and needing a shower. I tend to remember my dreams only occasionally, maybe once or twice a week. One of the craziest dreams I can recall was being in a maze made entirely of mirrors, and no matter which way I turned, I couldn't find the exit—it felt like hours!

I've heard about dream journaling too, but I haven't tried it either. I wonder if it really helps with remembering dreams more vividly. What's the strangest dream anyone else has had?

Cap - October 15, 2024, 7:37 pm

I rarely remember any of my dreams. I don't even remember the last time I had one. Wish I could figure out why.

LeetSpeed - October 15, 2024, 7:58 pm

Yes I remember them clearly. Although I don't have good dreams most of the time.

Pimping - October 15, 2024, 8:04 pm

Nowadays no i used be able to when i was a kid but nowadays i can't

Bastille - October 15, 2024, 8:46 pm

Almost every night, I don't know the meaning behind this, does it mean I'm not sleeping good because I remember my dreams ? Or does it mean that I'm sleeping good because I'm dreaming ? Always wondered

Rionxee - October 15, 2024, 9:34 pm

Sometimes I am able to remember my dreams depending on how vivid they are and in which manner I wake up. I am more inclined to remember my vivid dreams when I take melatonin.

I can pick out recurring dreams as well if they occur enough.

Michael - October 15, 2024, 9:44 pm

Sometimes I do, but more as small pieces and not an entirely long part.

Eran - October 15, 2024, 10:45 pm

Usually for a short period of time after waking up but sometimes it just sticks with me for days.

TheGoldenRelik - October 15, 2024, 11:18 pm

Rarely. When I remember it probably connected with reality and it's intense

Net - October 15, 2024, 11:48 pm

I remember bits and pieces, but I rarely remember the whole thing. Unless its something really traumatizing.

Syndicate - October 15, 2024, 11:55 pm

I rarely rarely remember any of my dreams tbh. I don't know what causes it or how to actually remember them

Hect0r - October 16, 2024, 1:39 am

Personally the same is true for me, sometimes I remember what I dream, but only a small part, I have also noticed that every time I dream of something beautiful I find it more and more difficult to remember everything when I wake up but I only have various parts of that dream in my head.

Jake Johnson - October 17, 2024, 10:26 am

I couldn't tell you the last time I had a dream. Clearly I don't remember them lol

Snowwy - October 31, 2024, 9:12 am

I would say that I remember maybe half of my dreams? Some are a blur and some I remember spot on.

rs94 - November 2, 2024, 3:52 pm

Unfortunately i remember every dream, there never very pleasant

Pimping - November 4, 2024, 9:47 pm

I never remember my dreams nowadays and wish i could

Trust - November 4, 2024, 10:17 pm

(Oct 15, 2024 04:20 PM)Deany Wrote: [\[CITE\]](#) Sometimes yes, sometimes no. Doesn't make sense. Same. There seems to be no rhyme or reason to dreams I remember.

I find myself dreaming most nights -- but only remember those dreams about once a week for a day or so and then typically forget those too.

On the other hand, there are also dreams that I've remembered for decades.

Yoshimitzu - November 4, 2024, 10:33 pm

Mostly yes. From what I know it depends on how deep the sleep is. More deep, less memory of dreams. But yea, there are some dreams I can remember still today I have had through out me life.

uhquser - November 5, 2024, 6:28 am

sometimes i juste wake up from no where and i remember my dreams

Fkn - November 5, 2024, 6:29 am

I used to remember my dreams quite often, but nowadays, it's a rare occurrence. I've heard the same about journaling dreams to remember them better, but I haven't tried it yet.

As for crazy dreams, I remember one where I was in a vast library filled with books I've never seen before. I was on a quest to find a particular book, but no matter how hard I searched, I couldn't find it. When I finally did, it turned out to be a book about my life, with all my past, present, and future events. It was quite a surreal experience!

Game - November 5, 2024, 11:40 am

I remember my dreams and I often take lucid control. I can also force myself back into a dream by falling back to sleep, I can even "day dream" my way back into it.

?ystem - November 5, 2024, 12:15 pm

Most of the time I can remember my dreams, it just really depends on a few factors, but the most extreme one I have every now and again is that it's like a tornado apocalypse with them touching down all across the horizon. It's more exciting than frightening, and I typically wake up long before anything happens to me or my loved ones.

Bastille - November 5, 2024, 12:37 pm

Every night, last night I dreamed that BTC hit 48.000€

Derangedeuros - November 5, 2024, 10:01 pm

Yeah, most of them usually describe or prepare me for something that's about to happen in the future

RangoWorld - November 17, 2024, 3:38 am

I used to remember my dreams but not anymore :/

I wish I did remember them now. Hope one day it can come back. I liked my dreams

Nettspend - November 17, 2024, 3:57 am

Actually sometimes but that's when im not smoking before bed