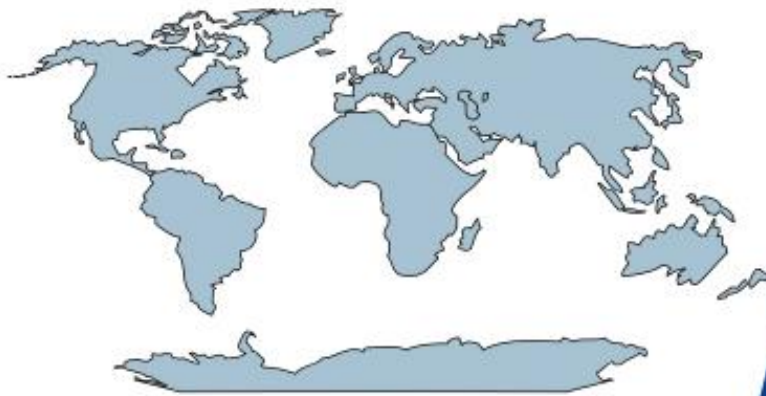


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LUCID DREAMING: A STUDY OF PEOPLE LIVING IN THE MUMBAI METROPOLITAN CITY

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ABSTRACT

According to MedicalNewsToday, dated 28th June 2018, dreams are a universal human experience that can be described as a state of consciousness characterized by sensory, cognitive, and emotional occurrences during sleep.

Dreams typically involve elements of waking life, such as known people or places, with a fantastical feel to them, according to an article written on Psychology Today.

Lucid Dreaming which usually occurs during the last stage of sleep; which is the REM stage is the phenomenon in which the dreamer is aware that they are asleep, but is able to control events within their dreams, to some extent. Some of the experiences reported by some of the lucid dreamers consists of: willing themselves to fly, fight, or act out sexual fantasies.

According to Psychology Today, research have suggested that the brain of the dreamer undergoes a physiological change during lucid dreaming. In fMRI studies, it is shown that the prefrontal cortex and a cortical network including the frontal, parietal, and temporal zones have been activated when the brain begins lucid dreaming. This appears related to the "waking consciousness" that characterizes lucidity.

Keywords: Dream, Lucid Dreaming, REM stage, Prefrontal Cortex, Cortical Network, Frontal Zone, Parietal Zone, Temporal Zone.

INTRODUCTION:

Lucid Dreams are when you know that you're dreaming while you're asleep. You're aware that the events flashing through your brain aren't really happening. However, the dreams feel vivid and real. You may even be able to control how the action unfolds, as if you're directing a movie in your sleep.

Lucid Dreams are most common during Rapid Eye Movement (REM) sleep, a period of very deep sleep marked by eye motion, faster breathing, and more brain activity. You usually enter REM sleep about 90 minutes after falling asleep and it lasts for about 10 minutes. As you sleep, each REM period is longer than one before, finally lasting up to an hour.

Lucid Dreams might help your waking life with benefits like:

- 1. Less Anxiety:** The sense of control you feel during lucid dream may stay with you and make you feel empowered. When you're awake that you're in a dream, you can shape the story and the ending. That might serve as therapy for people who have nightmares, teaching them how to control their dreams.
- 2. Better Motor Skills:** Limited Studies suggest that it may be possible to improve simple things like tapping your fingers more quickly by "practicing" during your lucid dream. The same part of your brain turns active whether you imagine the movements while awake or run through them during a lucid dream.
- 3. Improved Problem-solving Skills:** Researchers found some evidence that lucid dreams can help people solve problems that deal with creativity (like a conflict with another person) more than with logic (such as a math problem).
- 4. More Creativity:** Some people taking part in lucid dream studies were able to come up with new ideas or insights, sometimes with the help of characters in their dreams.

DANGERS OF LUCID DREAMING:

Lucid Dreaming may also cause problem consisting:

- 1. Low Sleep Quality:** Vivid dreams can wake you and make it hard to get back to sleep and you might not sleep well if you're too focused on lucid dreaming.
- 2. Confusion, Delirium, and Hallucinations:** In people who have certain mental health disorders, lucid dreams may blur the line between what's real and what's not.