

Why do we Dream?

While there's no concrete research that determines the reason behind dreaming, some studies reveal that it helps process information and confront emotions.

Few reasons/theories are like -

- 🌀 To process information
- 🧠 To improve memory
- 📈 To facilitate creativity
- 📅 To prepare and protect
- 📖 To Confront emotional turmoil

What factors influence dreams?

- ❤️ Your health condition
- 🍎 The food that you eat
- 🏠 Your daily life



Why Do We Dream

JA Banks



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