

Faculty Forum: 21-11-2024

Ms. NAGA SUNEETHA, Department of Physics

Topic: Science Behind Dreams

Ms. Naga Sunitha presented that dreams occur during the rapid eye movement (REM) stage of sleep when brain activity resembles wakefulness. She explained that Scientists believe that dreams may help with memory processing, emotional regulation, and problem-solving, as the brain consolidates and reorganizes information from the day. She also stressed that theories suggest dreams allow the brain to make sense of random neural activity, creating stories or images from stored experiences and emotions. Finally, she concluded that, though the exact purpose of dreams remains a mystery, they appear to play a role in mental health, learning, and adaptation by blending real and imagined experiences.

