



DreaMe

Feel Better. Sleep Better. Be Better.

The only AI-Powered Dream Interpretation App, Therapist
Matching Platform & Global Dream Wisdom Bank.

You snooze, you lose

You're tossing, turning... you're tired. Exhausted even. But you can't fall asleep. You stay awake for hours, your brain won't shut down. You might resort to sleep promoting medications, but they have their own side effects and become less effective altogether over time. We've all been there. It's a sort of torture, isn't it?

So what is keeping Americans from sleeping well?

Seven out of ten adults in the U.S. suffer sleep deprivation, and research shows this is closely linked to our elevated levels of stress & anxiety. The negative effects of chronic sleep deprivation have been linked to many aspects of our physical and mental health. From plain old weight-gain to diabetes, sleep deprivation also increases the risk of cancer, heart attack and Alzheimer's Disease. On the mental health end it is a vicious cycle. Sleep loss causes higher levels of anxiety and even depression. Both anxiety and depression are linked to causing loss of sleep. In addition, people with chronic insomnia are 10 times as likely to have clinical depression and 17 times as likely to have clinical anxiety.

DreaMe App is here to transform the waking lives of millions of people.

Dreams help us to process through recent events in our lives. They regulate, analyze, explain and commit necessary events to long term memory. It's a kind of "mental housekeeping". Dreams are also crucial to the development of the brain, resolving inconsistencies in daily experiences and regulating mood. This theory is supported by the fact that babies and young children spend more hours in REM sleep.



We go through various stages of sleep at regular intervals throughout the night. REM sleep, also known as rapid eye movement sleep, is a stage of sleep where more dreaming and bodily movement occurs as well as a faster pulse and rate of breathing.

The Research

A [study](#) done in 2004 concluded that when REM sleep is severely reduced, the brain loses its most basic function - the survival instinct. In [a recent study](#), researchers at Tel Aviv University (TAU) identified that heightened activation of the amygdala is responsible for disturbing [emotion regulation](#) and increasing [anxiety](#) from lack of sleep. The researchers found that just one night of [sleeplessness](#) changes your ability to regulate emotions and allocate brain resources necessary for objective [cognitive](#) processing.

Many experts say that dreams exist to:

- Help solve problems in our lives
- Incorporate memories
- Process emotions



[Nightmares](#), or bad dreams, are common in children and adults. Often nightmares are caused by:

- ⚡ Stress, conflict, and fear
- ⚡ Trauma
- ⚡ Emotional problems
- ⚡ [Medication](#) or drug use
- ⚡ Illness

If you have a recurring nightmare, your subconscious may be trying to tell you something. Listen to it. If you can't figure out why you are having bad dreams, and you continue to have them, talk to a qualified mental healthcare provider. They may be able to help you figure out what is causing your nightmares and provide tips to put you at ease.

So, what are a few things you can do right now to help improve your sleep?

- 1 Black Out Curtains/Eye Mask
- 2 Ear Plugs
- 3 Limit LED light / screens / TV / laptop within 30 minutes of bedtime (and don't have any of these things in your bedroom)
- 4 No caffeine after 3:00pm
- 5 Understanding your dreams (for more information on common dream symbols and their interpretations you can visit our blog)