

# Sleep and Dreams



Sleep is one of the most important components of a person's physical and mental health.

You probably know about the physiological benefit of sleep: the work of all the systems of the body is restored and adjusted; overall health improves; immunity and ability to cope with stress rises. Good quality sleep is a pathway to good health!

At night, during rest, one seeks to find a solution to the problems that awaken one in real life, some way out of a difficult situation, seeks answers to numerous questions, looks into both relations with others and in oneself. It is very important to interpret our dreams intelligently, for this you need to decipher all the symbols present in it.

It is very important to remember that no interpreter will give an absolute guarantee that the sign will just come true, this may or may not happen.

It is important to remember that very rarely dreams are meaningless and simply passable. And even the most unusual, not understandable, meaningless can

carry a lot of important information and mean something. In order to understand what you dreamed, it is right from the very morning to give your night vision color, tangibility and shape. You can try to keep a detailed diary of your dreams. And yet, as soon as you wake up, try not to open your eyes at once and not to get out of bed, but rather try to remember everything you saw at night, in the smallest detail. And now, in time, if you are interested, you will get used to scrolling your dreams at once. And in time you will easily remember the details of your dreams, and learn to highlight the most important, after which you will discover something unusual, namely the wonderful, stunning secret world of your dreams, “the royal gates into the subconscious”.

Previously, it was believed that a person can not realize the dreams. But scientific studies of the last decades have shown that with appropriate training almost everyone can learn to enter into a conscious dream. Probably, scientific research in this sphere gives a serious potential for further study of man, his creative and personal development.