



### Born dreamers

## WONDER THE WOMB

Growing a baby is a magical experience, but did you know that from seven months old, your fetus is capable of dreaming? Research at the Friedrich Schiller University in Jena, Germany discovered that at seven months old, the first signs of rapid eye movements are seen in the womb. This suggests that your baby's consciousness is in full swing! Although this experiment was carried out on sheep, they have a very similar brain development to that of a human fetus. So, from their study, it was assumed that the kicking from inside the tummy, could be a reflex movement from a dream the fetus is having. Now that's impressive!

## WHAT THE?!

When things happen in real life, they are etched into our memories and probably on our Facebook timeline as well. But with dreams, no matter how weird or vivid they are, they quickly fade away. In fact, we only really remember the dreams that we wake up to. According to Ernest Hartmann, within five minutes of a dream ending, we forget 50% of it and just 10 minutes later, we've forgotten 90% of it. According to Francis Crick, the function of a dream is to weed out any unwanted or unnecessary memories in the brain, and so forgetting them meets the sole purpose of dreaming.



### All part of the plan

### Purr-fect

## CREATURE COMFORTS

We've all seen the cute videos online where cats and dogs appear to be dreaming, and we're not wrong in assuming that. Whilst we cannot monitor what exactly it is that animals dream about, it has long been proven that mammals all enter the deepest phase of sleeping - where dreams typically occur. Studies have shown cats swatting their paws and biting imaginary objects in their sleep, suggesting that they are dreaming. Just like humans, there have been many videos of mother cats and dogs comforting their little ones when they appear to be having a nightmare. Scientists have now started looking into whether or not birds, reptiles and fish dream.



## ROAMING AROUND

You've heard of the saying, 'never wake a sleepwalker', but do we actually know what causes a person to up out of their bed and roam the house... or outside? Sleepwalking occurs when a person is in a state of deep sleep and they typically remain so during the duration of their wandering. It is usually down to a lack of sleep or stress. There have been many extreme stories of sleepwalking such as in 1987 when Kenneth Parks got up during the night and drove 14-miles and murdered his in-laws. Luckily, most people don't turn into zombie killers in their sleep, but many cases of broken bones have been known to occur when sleepwalking.

### The dead of night



## BIT ON THE SIDE!



Your Good Skin Cica Repair Sleep Skin Paste, £12, Boots



Pillow and Linen Spray, £10, Africology Spa



Sleepyhead Candle, £9, Kiss Air



Sweet Dreams Oil Remedy, £6.25, Beauty Naturals

## Bag it for bedtime



Dumbo Slippers, £5, Primark



Friends Pajama Set, £10, Primark

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