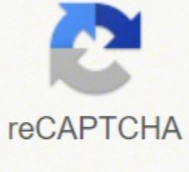




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Is dreaming a sign of good or bad sleep

The 'Dreaming' is First Nations peoples' understanding of the world and its creation. Passed from generation to generation through storytelling, the Dreaming shares beliefs that are connected to Country and the natural world. These stories incorporate creation, rules for living, social regulations, ethics and morality. They often feature characters who demonstrate undesirable behaviours, and face consequences because of it. The challenges of translation 'The Dreaming' is an English translation of a First Nations concept, which has different names in different language groups. In the Warlpiri language of Central Australia it is called Jukurrpa (also spelt Tjukurrpa). In Martu Wangka - a language spoken by the Martu people of Western Desert and Pilbara regions - it is called Manguny. 'The Dreaming' is considered a vastly inadequate translation of a concept which is difficult for non-Indigenous people to understand due to its complexity, non-linear and non-finite nature.In his 1956 essay 'The Dreaming', the Australian anthropologist W.E.H. Stanner says:"A concept so impalpable and subtle naturally suffers badly by translation into our dry and abstract language."Moreover, labelling it 'the Dreaming' may evoke fantastical or sleep-related imagery, distorting and even disrespecting the complexities and the importance of the concept:"These tales are neither simply illustrative nor simply explanatory, they are fanciful and poetic in content because they are based on visionary and intuitive insights into mysteries; and, if we are ever to understand them, we must always take them in their complex content."EverywhenThe Dreaming did not take place at the beginning of time - this is a common misconception. It encompasses the past, present, and future; it is non-linear. As a holistic philosophy grounded in the very earth itself, it cannot be assigned to a past people. It is an integrated way of life that many First Nations people believe in and live by today.Stanner coined the term 'everywhen' to describe this idea:"One cannot 'fix' The Dreaming in time: it was, and is, everywhen."NarrativesThe Dreaming is shared through stories, told verbally. They are often told to children by older people in the community. Just like many other forms of education. These stories have been passed down through generations for over 65,000 years. The stories may differ from place to place and between Nations, but they have common features. For example, many are creation stories that feature Ancestral Beings who created everything - animals, plants, rocks, and land formations - as they moved through the land in human form. They also created a system of relationships between the individual, the land, animals, and other people. The Ancestral Beings are models for human and non-human activity, behaviour, ethics and morality.Dreaming stories often follow a genesis narrative, and you may see similarities to Greek Mythology or other genesis stories. Stanner explains that there is a:"Constant recitation of what was done rightly and wrongly in the Dreaming, the ways in which good men should, and bad men will act."Stanner describes the Dreaming as "a 'key' or guide to the norms of conduct, and a prediction of how men will err."The stories display a deep knowledge of Country. They contain important information about flora, fauna, and laws to obey in order to survive in particular environments. Before colonisation, these stories were an integral way of passing knowledge from one generation to the next, to ensure survival. Dreaming stories continue to be shared and strengthened from one generation to the next, and share deep knowledge systems that have existed since the beginning of human life.The Ancestral Beings are often compared to the Greek gods, as they are flawed characters used as negative examples. However, while the stories are structurally similar, the Dreaming is not a religion and the Ancestral Beings are not gods.By displaying less favourable qualities such as greed, violence, and lust, these Ancestral Beings are models of appropriate and inappropriate behaviour. In practice, the stories outline forbidden behaviours or activities condemned by the First Nations community.As well as Ancestral Beings, Dreaming stories may also feature animals, insects, places, and flora. For example, food is a common theme in many Dreamings, as shown in artworks featuring 'bush tucker' like yams, bush bananas, witchetty grubs, and sugar bags. These Dreamings often give context and information about the natural world through stories of water, stars and specific landmarks.To learn more about Dreaming stories, sign up to the First Nations Bedtime Stories Challenge and join us in learning and listening to Dreaming stories that have been handed down since time immemorial. Many Dreaming stories have been recorded, and we have included a number of these for you to watch. Take a look at the 'culture' section on the watch page and navigate some of the Songlines that correspond to a 'dreaming'.Top Image: We Don't Need a Map Movie Fever dreams are one of the possible symptoms of fever. In multiple studies, sleepers describe their fever dreams as bizarre, negative, and emotionally intense. Experiences of fever dreams vary among sleepers. Some people with fevers do not recall dreaming, while others can recall their fever dreams years later. What Is a Fever? A fever is a sign of inflammation, and one of the body's potential responses to infection or illness. Although there is wide variability of body temperature among individuals, a standard human body temperature is generally considered about 98.6 degrees Fahrenheit (37 degrees Celsius). Fevers are an elevated body temperature of 100.4 degrees Fahrenheit (38 degrees Celsius) or greater, taken orally in adults. Symptoms of fever may include: What Is a Fever Dream? Fever dreams are vivid, often bizarre or unpleasant dreams sleepers can experience when they have a fever. These dreams happen similarly to other dreams. Although they can occur during any stage of sleep, most vivid dreams happen during rapid eye movement (REM) sleep. Waking up during or right after REM sleep can increase the chances of remembering your dream. Typically, people dream for about two hours total each night, but the dream experiences vary. Some people dream in black and white while others dream in full color. Fever dreams are vivid, often bizarre or unpleasant dreams sleepers can experience when they have a fever. Additionally, dreams may play a role in memory consolidation and processing emotions. In fact, one study of 299 dreams showed that half of the dreams contained at least one component tied to a specific daytime experience. As a result, fever dreams may include feelings of heat and illness. What Causes Fever Dreams? The exact cause of fever dreams is unknown. Some researchers speculate that the "overheated" brain affects cognitive processing and therefore makes the fever dreams more strange than typical dreams. Fevers can also interrupt REM sleep, which may lead to other sleep changes, including unusual dreams. How Are Fever Dreams Different From Other Dreams? Fever dreams differ from other dreams in that they are often more vivid and unusual. Fever dreams also tend to feel more negative and involve fewer positive emotions than other recent non-fever dreams. Also, in fever dreams, the sleeper interacts with fewer dream characters or figures. Specific aspects of fever dreams can include: Spatial Distortion: Moving walls, objects melting, and spaces changing size were the most common type of dream in one study of fever dreams. Threats or Danger: Study participants reported that their fever dreams contained threats from dogs, insects, terrorists, and stones. Illness: Types of illness in dreams may vary. In one study, sleepers dreamed about illnesses such as respiratory distress, pain, and vertigo. Do Fever Dreams Have a Meaning? Although fever dreams do not have a specific meaning, they can often include connections to a person's current situation. For example, fever-related dreams more often include a health-related topic and sense of temperature than regular dreams. Fever Dreams vs. Nightmares While fever dreams are the result of a fever, nightmares may stem from anxiety, stress, or trauma. These frightening and unsettling dreams could also be indicative of a sleep disorder, such as sleep apnea or narcolepsy. Regardless of cause, nightmares can impact sleep quality. Reducing stress and practicing good sleep hygiene can help decrease the likelihood of nightmares. More severe cases may require cognitive behavioral therapy. Additionally, a sleep study can determine if a sleep disorder is present. Fever Dreams vs. Lucid Dreams During lucid dreams, the dreamer becomes aware they are asleep. Some lucid dreamers even experience control over their dreams. In one study of fever dreams, nearly 40% were described as lucid. This number is significantly higher than the 7.5% of dreams experienced as lucid dreams in healthy people. Are Fever Dreams Bad? Fever dreams are not necessarily bad for the body. Because most dreams take place during REM sleep, when leg and arm muscles are temporarily paralyzed, sleepers are unlikely to act out their dreams. However, sleepers may experience unpleasant or negative dreams. They may wake feeling unsettled or uncomfortable. Can You Prevent Fever Dreams? While there is no single way to prevent fever dreams, resolving the fever itself can reduce the likelihood of them occurring. Drink plenty of fluids to prevent dehydration. Get sufficient sleep. Sleep provides many health benefits, including helping your body recover when you are sick. With the guidance of your physician, take ibuprofen or acetaminophen. Be sure to consult your doctor if you experience additional or worsened symptoms with your fever. Was this article helpful? YesNo References +12 Sources Schredl, M., Küster, O., Spohn, A., & Victor, A. (2016). Bizarreness in fever dreams: A questionnaire study. *International Journal of Dream Research*, 9(1), 86–88. Ames, N. J., Peng, C., Powers, J. H., Leidy, N. K., Miller-Davis, C., Rosenberg, A., VanRaden, M., & Wallen, G. R. (2013). 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