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Do schizophrenics have vivid dreams

Have you ever thought about psychosis as a dream mental state? Dreaming actually brings strong resemblances to the psychotic state of mental illnesses such as schizophrenia. The psychotic states are characterized by hallucinations, loosening of associations, incongruity of personal experience, and a loss of self-reflecting ability. Dreams can also be seen as a kind of delusional thought during which there is a complete lack of knowledge of their true state of consciousness. Both the psychotic patient and the dreamer are in a state of acceptance of nonsensical experiences as real. That the dream can be a model for psychosis is a long-standing idea that has now been supported by recent studies on the phenomenology of dreams. There are broad similarities in cognitive bizarreity measures between the ubiquitous thoughts of psychotic patients and dream reports of both psychotic patients and healthy controls. But while healthy subjects extinguished those hallucinations while smart, psychotic patients continually experience a mental activity similar to the dream. One of the key aspects of the dream-psychosis model is the problem of intuition, that is, the awareness of the mental state. The lack of understanding in the state of dreams is a distinctive sign of the experience of dreams; Similarly, 50-80% of schizophrenia patients have little understanding of their disease. However, unlike normal dreaming, there is a special kind of dream in which the sleeping subject becomes fully aware of the mental state: the lucid dream. In lucid dreams, the dreamer is aware that he is dreaming and is often able to control the dream in progress. During the normal rapid eye movement (REM) sleep, when the most vivid dreams occur, there is greater activity in the higher visual and motor areas, reflecting the occurrence of visuomotor hallucinations, the distinctive sign of the dreamOn the contrary, areas associated with will and critical thinking show a decrease in activity. during the shiny sleep rem, on the other hand, there isActivation of the regions involved in the highest attention and cognitive processes such as intelligence or working memory. However, the shiny REM sleep still includes all the classic features of the dream as the visuomotor hallucinations, but the shiny dreamer can recognize dreams as such. The lucidity during the dream represents what patients during the lack of psychosis: the vision of the delirious nature of their state of consciousness. Given these features, it has been suggested that lucidity during the dream can be a good model for intuition in the dreamy-psychosis model. This model assumes that the neural processes of the lucid dream overlap widely with those of intuition in the psychotic state, and that the means to achieve lucidity during the normal dream can also increase understanding of the pathological state in psychotic patients. In fact, for all regions of the brain associated with lucid dreams it was at least a study that demonstrates the involvement of that region also in psychotic understanding deficits; Similarly, brain regions linked to understanding problems in psychosis showed a remarkable overlap with brain regions where activation increases during the lucid dream, which strongly supports the theoretical idea that the dream can actually serve as a model of psychosis. Interventions to promote intuition are a promising alternative to schizophrenia therapy. The lucid dream can be trained, which makes this phenomenon an interesting topic of instrument and research, although it rarely occurs in untrained subjects. Disadvantages of psychosis have been targeted with several interventions, but without significant success. Lucidity training has already been applied to other clinical environments such as nightmare therapy. If it proves to be successful in improving skillsduring psychosis, lucidity training can allow the psychotic patient to become aware of his state and, hopefully, also control it. References Dresler M, Wehrle R, Spoormaker VI, Steiger A, A,F, Czisch M, & Hobson JA (2014). Neural correlation of intuition in the dream and psychosis. AMPD: 25092021 Kahn D, & Gover T (2010). Consciousness in dreams. International revision of neurobiology, 92, 181-95 AMPD: 20870068 Limosani I, D'Agostino A, Manzone ML, & Scarone S (2011). The dreamy brain/mind, consciousness and psychosis. Awareness and cognition, 20 (4), 987-92 AMPD: 21288741 Stumbrys T, Erlacher D, Schädlich M, & Schredl M (2012). Induction of lucid dreams: a systematic review of the tests. Awareness and cognition, 21 (3), 1456-75 AMPD: 22841958 Image via Bruniewska / Shutterstock. Reading 1 February 2016 Sunday 14 February (9 p.m. ET), back the television program Emmy-nominated Brain Games! Wonderful drugged Jason Silva returns to our screens, collaborating with... READ MORE → Give Brain Blogger sponsored by GNIF with a tax deductible donation. Do a donation The short and long-term effects of anxiety on the body 25 November 2019Guide to childbirth with a mental illness9 December 2019 do schizophrenics have dreams. are vivid dreams a sign of schizophrenia. do schizophrenics have bad dreams