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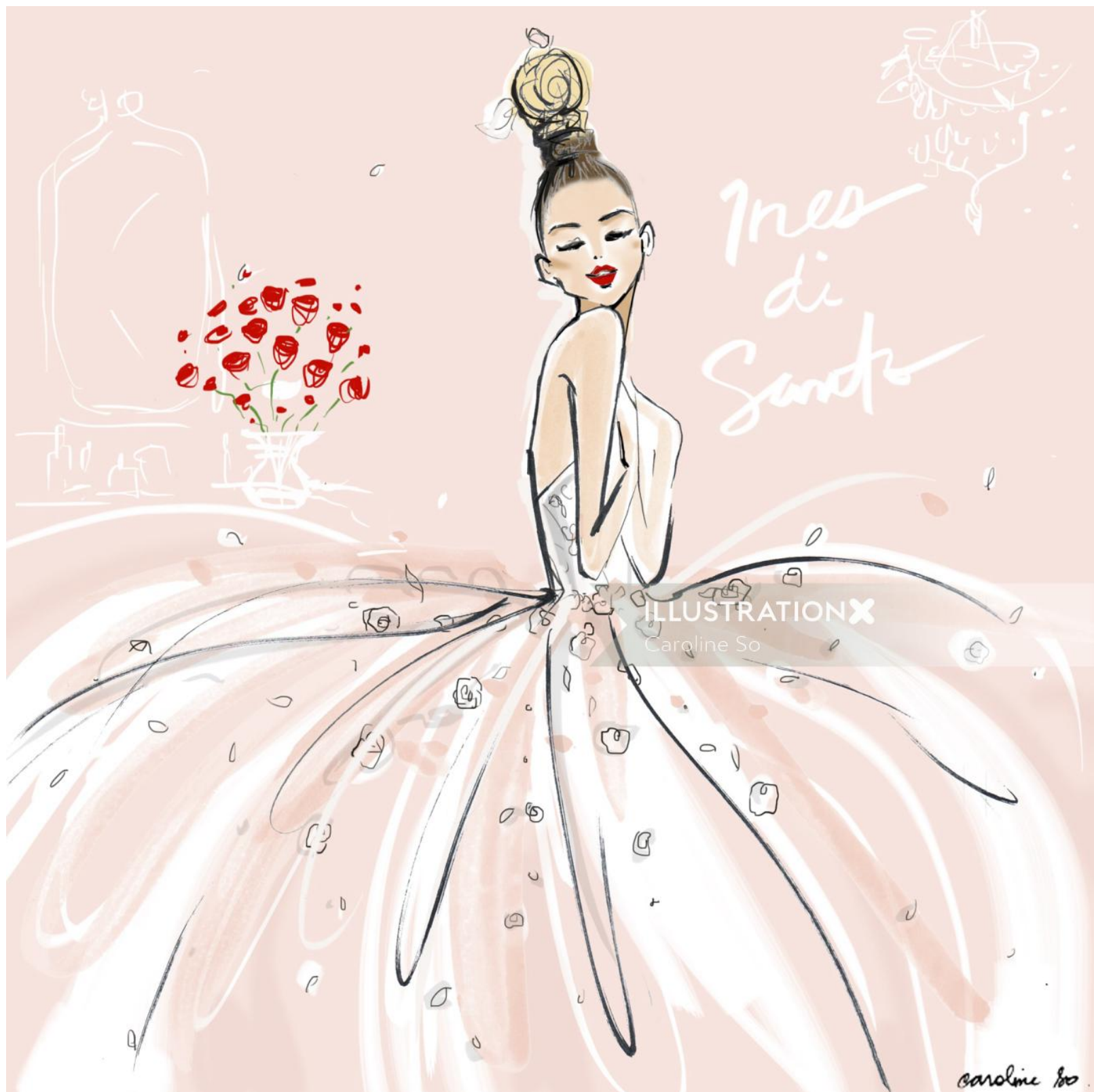
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## 生活,就是有很多小美好

一束鲜花、一本名著、一只心爱的小狗狗、一场说走就走的旅行.....





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Lily  
热爱阅读的莉莉

我是莉莉,我的青春就是畅游书海。睡前轻轻贴一贴,痘痘就会在睡眠中不知不觉地慢慢消退,非常省心。

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kate spade  
NEW YORK



# Sweet Dreams Are Made of This

*Understand the science behind having happier dreams to reclaim a good night's sleep.*

BY JENNIFER KING LINDLEY.

Did you spend last night being chased by zombies or taking an exam you never studied for? “The majority of our dreams involve negative emotions,” says Antonio Zadra, PhD, a sleep and dream researcher at the University of Montreal. By understanding what

causes disturbing dreams, however, you can actually take steps to reduce their frequency while upping your chances of waking up with a smile. Learn the basics so you can turn that dream for a more peaceful night into a reality.

Illustrations by CAROLINE SO

FAMILYCIRCLE.COM | Apr 2018 | 1



Health

8 Hacks for Happier Dreams

Try these strategies for better dreams tonight.

1 TRY DREAM INCUBATION.

Invite a dream of your choosing by “obsessing about” the desired subject during the day, suggests Lauri Loewenberg, a dream analyst and author of *Dream on It: Unlock Your Dreams, Change Your Life*. Perhaps you would love a visit with the beloved grandmother you cherished as a child. That day, keep Grandma’s picture nearby, talk about her with your sister, wear an heirloom scarf of hers. Right before you drift off, tell yourself, *I want to dream about Grandma tonight*. “There are no guarantees,” says Loewenberg, “but you might find yourself having a wonderful reunion.”

2 PROMPT YOUR SENSES.

German researchers found that sleepers exposed to the scent of roses reported sweeter dreams. Spritz your pillow with lavender or another scent you find pleasurable suggests Zadra. “You might not dream you are walking in a garden,” he says. “But your emotional response to the scent may positively influence your dream.”

3 SKIP THE LATE EVENING GLASS OF WINE.

One of the most common causes of wild dreams is drinking too close to bedtime. “At first, alcohol acts as a sedative, putting you to sleep,” explains Naiman. “But as your body metabolizes it over the next several hours, REM is suppressed.” You make up the lost REM in the second half of your night, resulting in vivid dreams. Pretty soon a giant lobster is ringing your doorbell.

4 DITCH DAYTIME ANXIETY.

“Whenever a patient says she’s suddenly troubled by bad dreams, the first thing I ask is what’s going on in her waking life,” says Winter. It’s easier to avoid facing issues by distracting yourself with another round of Angry Birds or an overflowing to-do list. Unresolved, these concerns pop up in your dreams. Cope with stress by exercising, talking it out with someone or even practicing mindfulness. A 2015 study in the *Journal of the American Medical Association* found that mindfulness improved sleep quality.

5 CULTIVATE BEDTIME ZEN.

“Whatever you think about right before bed can be incorporated into your dreams” says clinical sleep specialist Michael Breus, PhD, author of *The Power of When*. Set the stage for a peaceful transition to dreamland. “Don’t get into a heated discussion with your spouse about the family budget as you are lying in bed,” he says. Nor is this the time to catch up on *American Horror Story*. Instead, Breus often suggests patients write a gratitude journal before drifting off. List five things you’re grateful for and describe them in detail—those warm feelings might carry over to your dreams.

WHY DO WE DREAM?

Scientists are still debating. One leading theory is that dreams act as a sort of mental housekeeping: They help us process the important and often the more troubling experiences and emotions of our day. “Generally you don’t dream about your trip to the store to buy milk. You dream about the big deadline or the fight you had with your spouse,” says Winter. Significant happy events are processed, too. Pregnant women have particularly vivid dreams about babies. “It seems clear that whatever preoccupies us during the day finds its way into our dreams at night,” concludes Zadra.



## Health

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### MAKE YOUR BEDROOM A HAVEN.

Our sleeping brains weave physical discomforts and external annoyances into our dream plotlines. (That beeping garbage truck outside your window can turn up as a sinister robot.) So get comfy: Keep your bedroom cool—between 60 to 67 Fahrenheit. Make your room as dark as possible. “Even light from electronics can trickle across your eyelids disturbing your dream quality,” says Naiman. Use white noise (like a fan) to drown out sounds.



**8**

### REWRITE BAD DREAMS.

To treat patients troubled by recurring nightmares, sleep doctors use a technique called *Image Rehearsal Therapy*. Once you wake up, write down your recurring dream in as much detail as you remember. Now

**7**

### AVOID A REM REBOUND.

Your body craves REM so if you don't get enough one night, you make up for it the next. “It's a phenomenon called ‘REM rebound,’” explains Rubin Naiman, PhD, a sleep and dream specialist at the University of Arizona's Center for Integrative Medicine. And it can cause intense and disturbing dreams. (Cue your teeth falling out ... again). Aim for 7 to 9 hours of shut-eye each night. If possible (hey, we can—dream), go to bed early enough so you rise naturally *before* your alarm to avoid being woken mid-dream.

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rewrite the scary part with a different happier ending. Perhaps instead of falling from a jagged cliff and crashing into the rocks below you sprout wings and soar joyfully above a glittering ocean. Reread your new script often during the day and before bed. “It may take a few weeks,” says Breus, “but it really does work.”

## NIGHTMARE SCENARIO

### getting back to sleep

It's 3 am. You just escaped the clutches of kidnappers. Remind yourself it was only a dream, then follow our doctors' suggestions.

↓

#### Breathe easy

Inhale as you count to 4, hold it for a count of 6 and exhale to a count of 7, suggests Breus. Repeat for a minute or so to lower your heart rate and induce relaxation.

↓

#### Distract yourself

Visualize doing a favorite activity step by step, suggests Winter: Playing a round of golf or baking a loaf of your special pumpkin bread. “Rarely will you get past the 4th hole or put the bread in the oven.”

↓

#### Shuffle your thoughts

As you drift off, your train of thought naturally goes off the tracks. You can mimic this process to derail your worries says Winter. Think of something random that starts with the letter A (like an apple) and visualize it for a few seconds. Move on to an unconnected B (boathouse), C (cat) ... it's unlikely you will get to Zzzzzzzzz.

↓

#### Get up.

If your mind is revving, leave your bed and read for five or ten minutes. Skip *How to Get Along With Difficult Bosses* or *Preventing World War 3*. Breus recommends light fiction rather than nonfiction, which may get your mind whirring about daytime concerns. You'll also want a small book light rather than a glaring overhead one. As soon as those eyelids droop, get back under the covers.

## WHAT HAPPENS WHEN WE DREAM?

Most dreaming occurs during the Rapid Eye Movement (REM) stage of sleep—so named because our eyes dart back and forth watching those midnight movies. During REM, the prefrontal cortex (the logical center of the brain) powers down, while the amygdala (the emotional part) ramps up. The result: Waking rules don't apply and our visions are surreal and symbolic. Your boss might appear as a barking dog. Your childhood home becomes a circus tent. As the night goes on, we spend more of our sleeping time in REM, notes Christopher Winter, MD, author of *The Sleep Solution*. Dreams get longer and more complex. (That's why a saved-by-the-alarm-clock dream can be a doozy.)



Health

Happy Dreams Decoded

It's usually pretty easy to read into the meaning behind bad dreams but good dreams can be a bit more cryptic. Some common ones:

GOOD DREAM  
**Flying**

WHAT IT MIGHT MEAN  
Rising above your cares or reaching high goals.

GOOD DREAM  
**Discovering a new room in your house**

WHAT IT MIGHT MEAN  
Learning something new about yourself.

GOOD DREAM  
**Swimming underwater in a beautiful location**

WHAT IT MIGHT MEAN  
A sense of freedom, "bathing" in the positive aspects of yourself.

GOOD DREAM  
**Sex**

WHAT IT MIGHT MEAN  
Sex!

GOOD DREAM  
**Pregnancy**

WHAT IT MIGHT MEAN  
Very creative, giving birth to a new idea or project.

total recall

Are you one of those people who thinks they NEVER dream? "We all dream. You are just not remembering yours," says dream expert Laura Loewenberg. Light sleepers naturally recollect more because they often wake in the middle of theirs. Thankfully, dream recall is like a muscle—you can strengthen it with some exercise.

- ↓

**Don't move.**  
Upon awaking, linger quietly in the exact position you woke up in for a few minutes. "If you leap up instantly and dash for the shower, it is like unplugging from your dream," explains Loewenberg.
- ↓

**Find one detail.**  
Try to recall whatever thin thread you can. "You might only remember red lipstick. Ask yourself who was wearing it? What was she doing? How did you feel about her?" Other details may quickly follow.
- ↓

**Write it down.**  
Keeping a bedside journal can help connect you to the dreaming part of your brain. Write down or sketch them out and give each one a title. Where the Heck are My Airline Tickets?

MARS AND VENUS IN DREAMLAND

Bad dreams differ by gender, according to research at the University of Montreal. Men report more nightmares of natural disasters: floods, earthquakes, wars, plagues of insects. Women dream more of interpersonal conflicts—fights with friends, colleagues, and family members.

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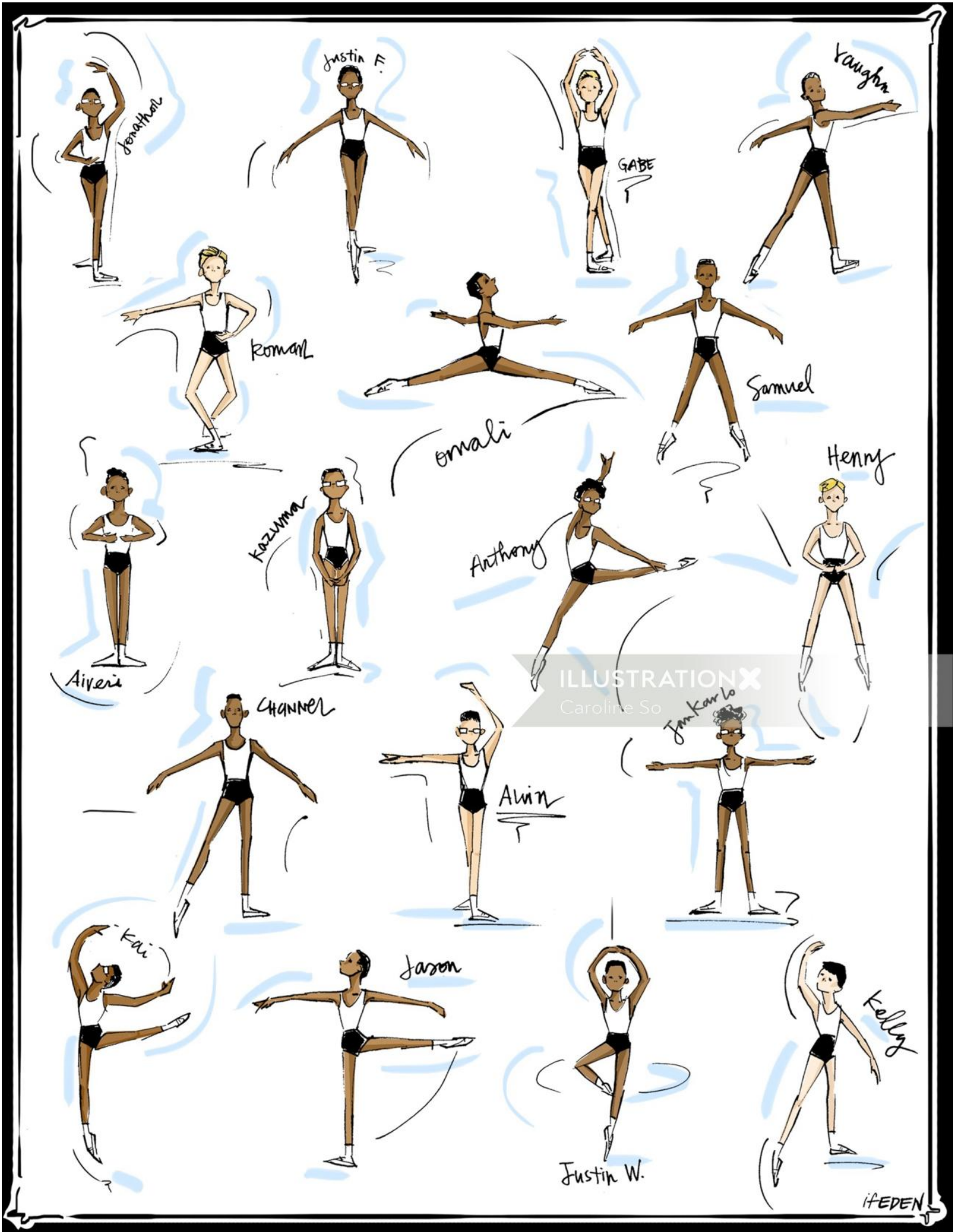
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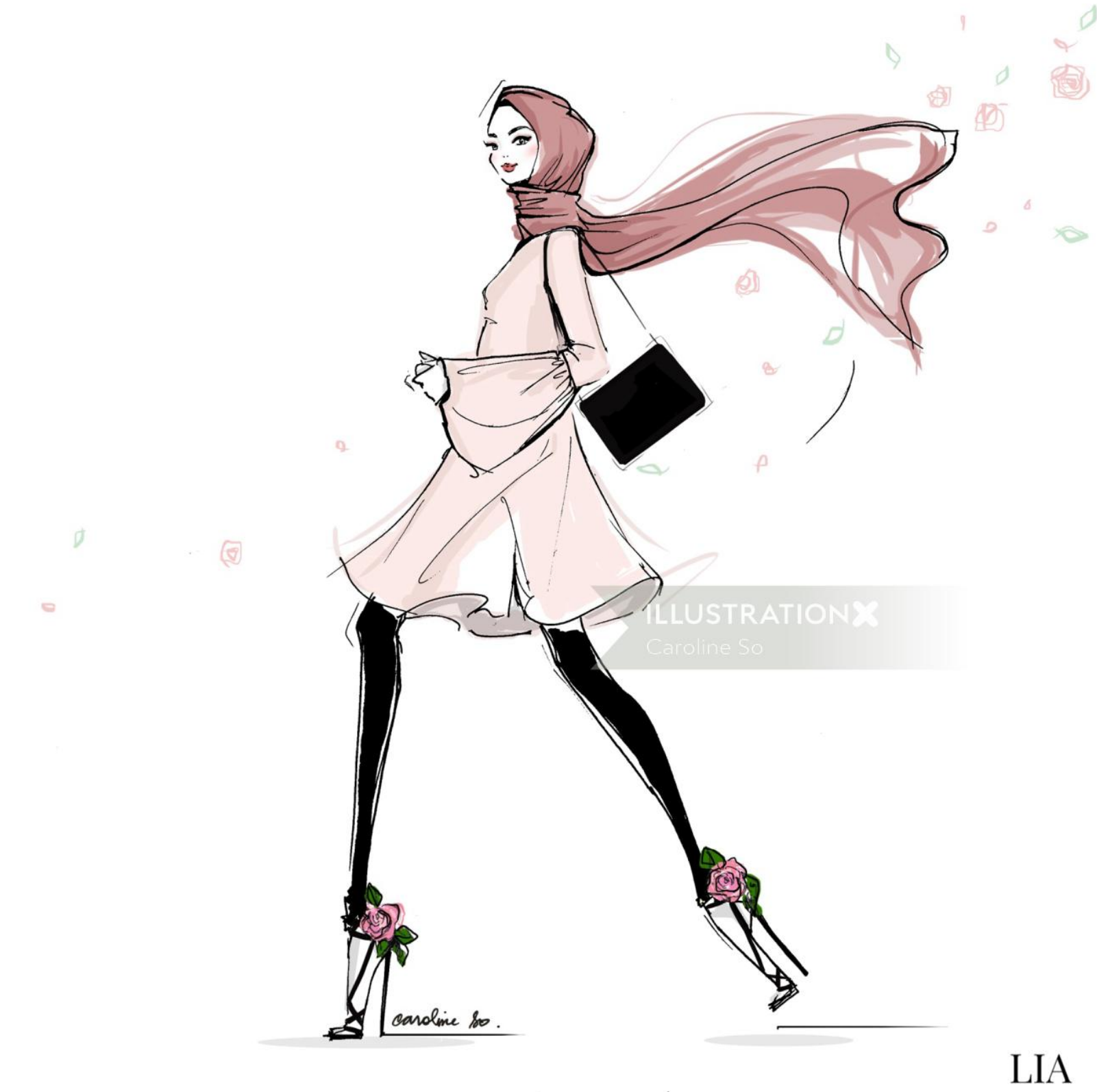
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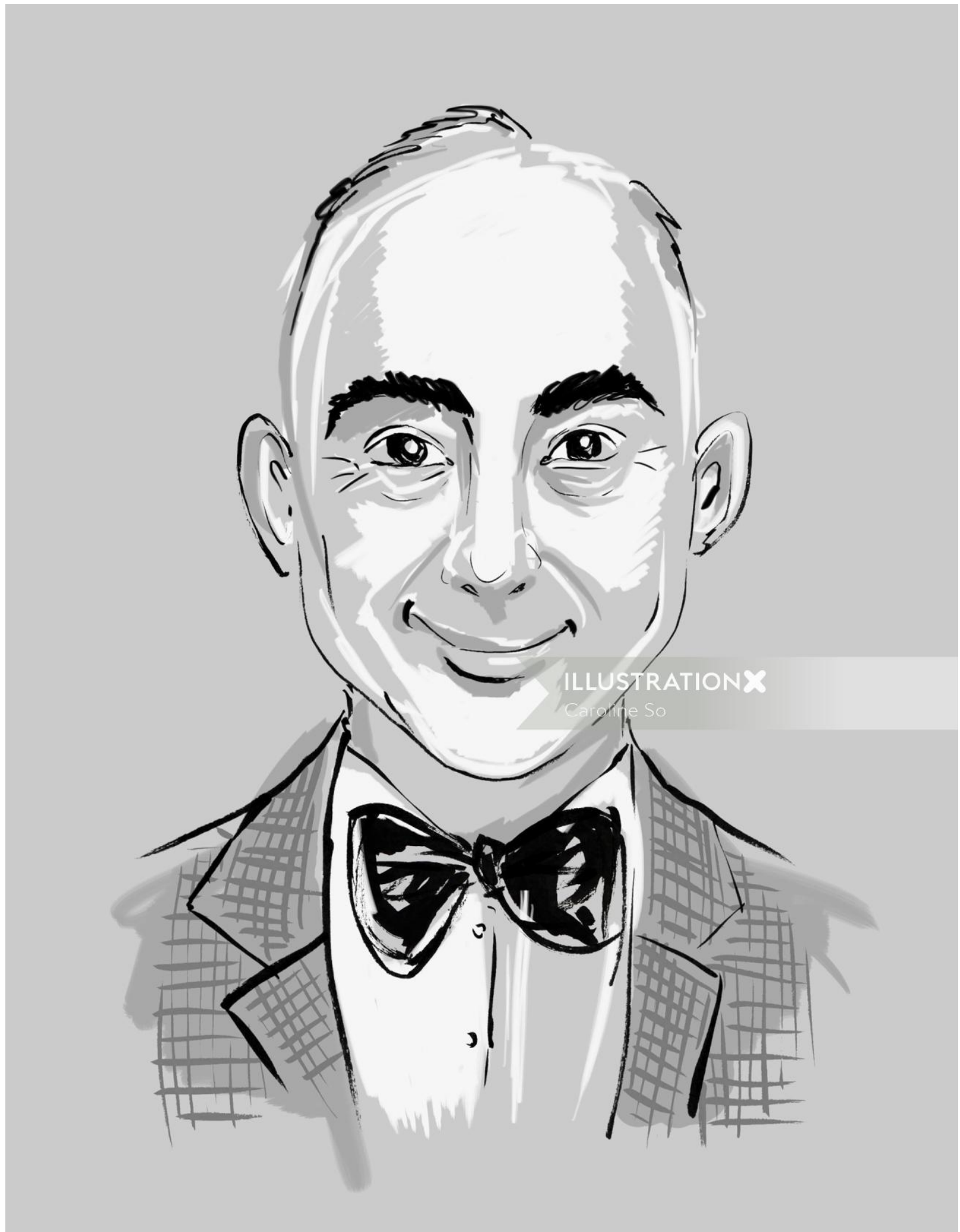
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