

Living the dream: New tool that can automatically analyse dreams reveals they do NOT contain hidden meanings and are simply a continuation of what happens in everyday life

- Researchers created a tool that studies the words used to describe a dream
- The team then fed more than 20,000 dream descriptions through the new tool
- The tool analyses the dream using a system that usually requires manual input
- The study found that dreams are simply a continuation of our everyday lives
- The tool could soon be adapted to help mental health patients by comparing their real world thoughts and what is happening in their dreaming mind

By [RYAN MORRISON FOR MAILONLINE](#)

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Have you ever woken up from a dream that made absolutely no sense and wondered what it was all about?

A team of researchers claim the dream you've experienced is just a continuation of what is happening in your every day life - with no deeper or hidden meaning.

Experts from the Nokia Bell Labs in Cambridge created a Natural Language Processing technique that can automatically analyse dreams and quantify them.

According to what sleep scientists call the 'continuity hypothesis,' our dreams reflect what we experience in our real lives and the new tool proves the theory.

Because our dreams reflect every day life, the authors say it could be possible to build a tool that could help in mental health diagnosis and treatment.

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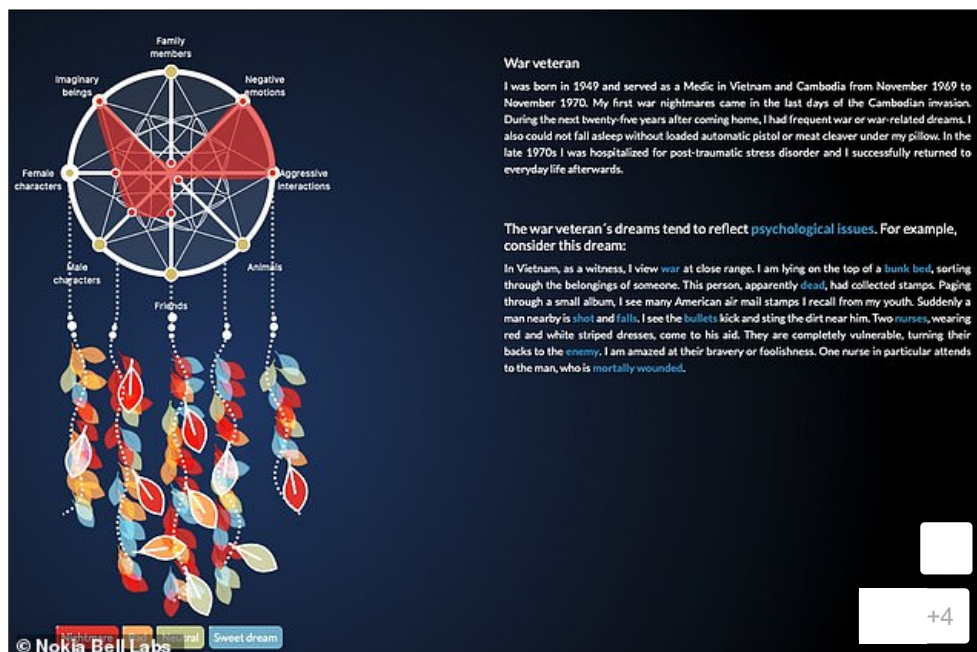
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The tool looked at the dreams of 20,000 people including a war veteran. The tool categorised the dream and linked it to everyday life

Using the new 'Dreamcatcher' tool, the team had it study over 20,000 dream reports and found that what we dream is a continuation of what happens in everyday life.

Among the people whose dreams the tool analysed were a female artist, blind dreamers, a schoolgirl, a war veteran and a cross-dressing businessman.

They found a way to automatically place dreams on a scale that is commonly used by sleep experts called the Hall and Van de Castle system.

During the second century AD, Artemidorus Daldianus produced a five-

SNAKES, SEX AND A SWORD: DREAM TEXT EXAMPLES

Researchers analysed more than 20,000 examples of dream text.

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volume work entitled 'The Interpretation of Dreams'.

In the 1890s, Sigmund Freud associated specific meanings to characters, objects, animals, and scenarios that frequently appeared in dreams.

More recently, sleep scientists have developed increasingly sophisticated ways of coding dreams - with more than 150 dream rating and content analysis scales available today including the best rated 'Hall and Van de Castle' system.

This coding system sees a dream as a cast of characters, a plot in which characters interact with each other and a process reflecting different active states.

The problem is that this is an entirely manual process that takes a long time and limits the number of dreams that can be coded.

The new tool developed by the Cambridge team set out to resolve that problem by finding a way to process the language describing dreams automatically.

From each dream report, the tool extracted nouns to identify people, animals, and fictional characters, and verbs to classify interactions in terms of friendly interactions or acts of aggression.

Among the text studied by the artificial intelligence algorithm were mentions of a monster with a sword, having sex in a huge hot room and wiggling snakes.

The results suggest it is possible to build future technologies that bridge the current yawning gap between real life and dreaming - to quantify the 'sleeping mind'.

To try and tackle the problem of manual dream processing experts have been mining manual reports with algorithms focusing on emotions.

These are a few examples:

- Roland hit the monster with his sword. The monster agonized and died.
- I am in hand to hand combat with a man of about fifty. With a sinister leer he taunts me. As my knife becomes a fork, I spear him in the thorax, causing him a mortal wound. His eyes bulge forward; the gushing blood mixes with his last gurgling breath.
- Bonnie and I are in a room and there is a rattle snake I am afraid of. Bonnie is unconcerned and picks it up by the tail and I cry out in fear. She laughs at me as it wriggles around her and then nearly biting me. I move away, angry at her for putting me in this danger.
- I dreamed that I had sex with Doug. We were in this huge, hot room, and then we just started stripping. He caressed me and told me it was the 4th happiest moment in his life. Then the rest of the school began to walk in and we started getting dressed really quickly.



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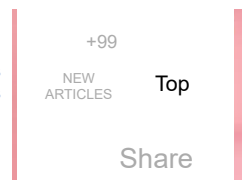
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In so doing, researchers have not tackled two main technical challenges, according to the team behind the new dream analysis tool.

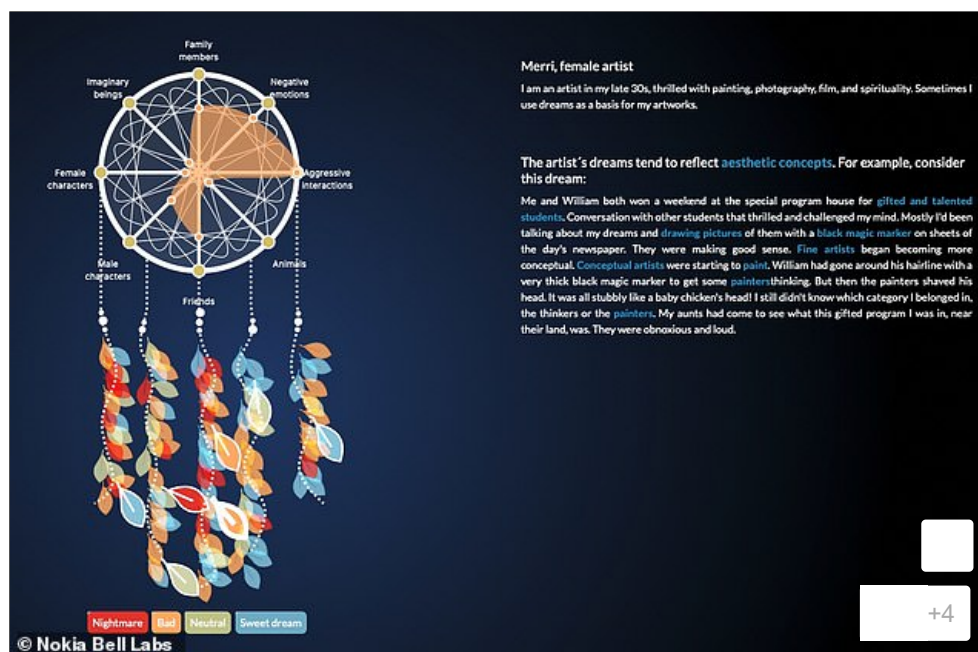
That is how to mine aspects of dream reports that research has found important, such as characters and interactions; and how to do so in a principled way grounded

in the literature.

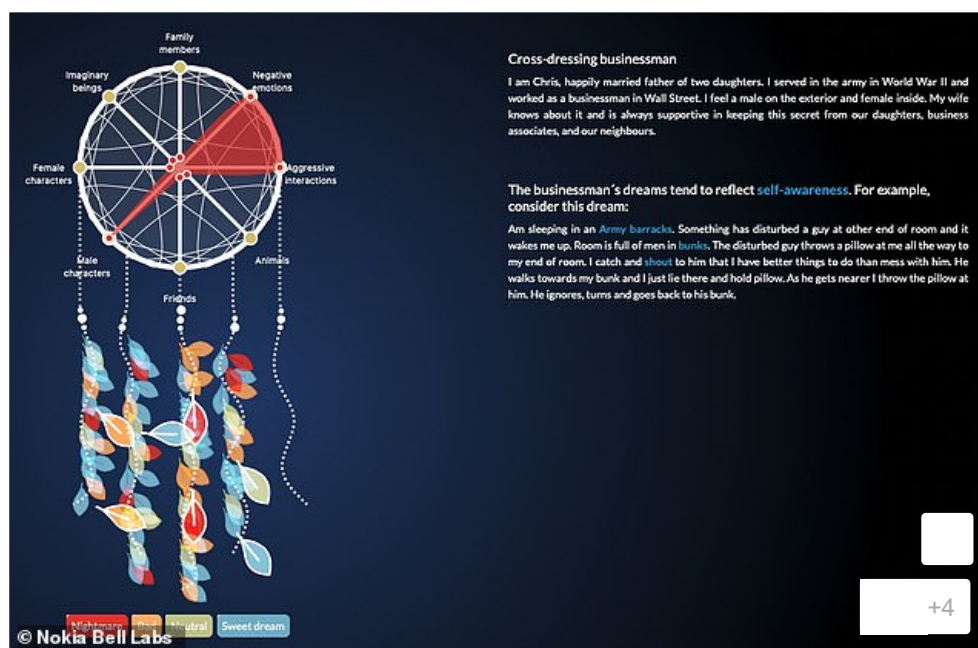
'To tackle these challenges, we designed a tool that automatically scores dream reports by operationalising the widely used dream analysis scale by Hall and Van de Castle,' the team wrote.

'We validated the tool's effectiveness on hand-annotated dream reports and tested what sleep scientists call the 'continuity hypothesis' at this unprecedented scale.'

In the therapeutic context, the main goal of dream analysis is to help people address their real-life problems and the team say their tool can be used to help people identify latent emotional states, and to help people cope with significant life events.



A female artist was among those whose dreams were analysed by the tool. Her sleeping mind focused on aesthetic concepts similar to those in her everyday life



A cross-dressing businessman called Chris dreamed of self-awareness, something he thought about while awake. Researchers say the work helps link the sleep and wake thought process

'For those suffering from nightmares, interpreting dreams and ultimately influencing them are ways of partly treat their condition,' the authors explained.

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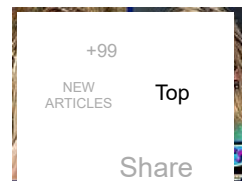
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As much as in their real lives, in their dreams, women tended to be friendlier and less aggressive than men, the team discovered.

All these results support the idea that there is indeed continuity between what individual experience in real life and what they dream.

Interestingly, they found that blind people - who were expecting to dream in ways similar to the general public - tended to instead dream imaginary characters.

'In the future, we will explore which research communities and practitioners could benefit from our dream scoring tool,' the authors said.

'We will also integrate our tool with a mobile app with which users can record their dreams in a convenient way.'

The findings have been published in the journal **Royal Society Open Science**.

Imperial College examine how DMT changes brainwaves to 'dream-state'



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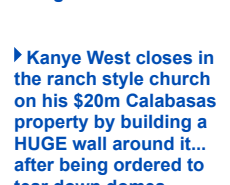
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▶ 'It was love at first sight': Strictly's Neil Jones passionately kisses girlfriend Luisa in sensual shoot after dropping heavy hints they've secretly married

▶ Game Of Thrones' Emilia Clarke enjoys a trip to the park with her beloved pet pooch... after her cosy outing with Matt Smith sparks romance rumours

EXCLUSIVE Jeremy Renner claims the pandemic has cost him MILLIONS with his \$350k a month income dropping to 'less than zero'

▶ TOWIE's Amy Childs looks glamorous in white suit as she joins cousin Harry Derbidge and other co-stars for filming
Looking good

▶ Piers Morgan urges viewers to 'wake up or don't watch' in furious defence of Diversity as their BLM routine on BGT racks up 15,500 Ofcom complaints

▶ Denise Richards the biker babe enjoys brunch with husband Aaron Phypers... after quitting RHOBH following Brandi Glanville affair scandal

▶ Strictly Come Dancing star Nicola Adams says she is ready to 'break boundaries' as part of first same-sex couple in show's history

▶ Conor McGregor says 'I can't go on like this' in Twitter spat after his arrest for 'exhibiting his private parts to a woman' in French bar
The MMA star hit back

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► **Malcolm McDowell, 77, lands the role of a widower who is driven mad inside a haunted house after his wife dies in The Benefactor**
One to watch

► **Rachael Ray reveals the devastating damage to her New York mansion after chimney fire ripped through the property: 'When one chapter ends'**

► **Lionel Messi becomes football's second billionaire as Barcelona star - who is set to earn £98million in 2020 - fends off competition from Cristiano Ronaldo**

► **Joe Biden's wife Jill, 69, models funky \$700 over-the-knee boots with 'VOTE' written down the side in silver as she joins her husband**

► **Claire Foy puts on a VERY animated display as she enjoys al fresco lunch with a friend in north London**

► **'Suits me perfectly!': Mark Wright takes his new Chevrolet 3100 pick-up truck for a spin after collecting a takeaway from Sheesh restaurant**

► **Christine Lampard is effortlessly stylish in a boxy white blouse and skinny jeans as she grabs lunch**
She always manages to look effortlessly chic

► **Binky Felstead and new fiancé Max Darnton celebrate their engagement as they party with Rosie Fortescue and a group of pals**

► **Son of Storage Wars star Dan Dotson shot in the chest in Lake Havasu and is expected to survive after being airlifted to Las Vegas for emergency surgery**

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Geordie Shore now!
Chloe Ferry struggles to
contain her assets in
skimpy mini dress

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smokes a cigarette as
she settles down to an
al fresco lunch with
partner Charles Saatchi,
77, at their favourite
seafood restaurant

▶ The Duchess fans go
wild for Katherine
Ryan's wardrobe and
say she's set a
'new standard for
school run attire'

▶ Britney Spears'
divorced parents Jamie
and Lynne are 'at war'
over her
conservatorship

▶ Sharon Stone, 62,
admits she has tried
online dating but found
it 'dismal' because it
was impossible to feel
the chemistry: 'I miss
face-to-face flirting'

▶ Ivana Trump, 71, tucks
into lunch alongside her
dog in NYC - hours after
she was branded a
'bigot' for saying US
immigrants 'must come
legally'

▶ Holby City star Joe
McFadden quits
PureGym for 'failing to
keep members safe'
after complaining about
a lack of paper towels
and overflowing bins

▶ 'I cried twice
yesterday!' Vogue
Williams reveals how
she's coping with
motherhood during the
pandemic as she brings
baby Gigi to chat show

▶ Kim Zolciak, 42,
wishes husband Kroy
Biermann a happy 35th
birthday as they pose in
front of their \$330K
Rolls Royce SUV

▶ Taylor Swift sends a
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newborn daughter Daisy
two years after the
singers ended their feud

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James Norton and
girlfriend Imogen Poots
wrap up their Italian trip

► as they prepare to head home from the Venice Film Festival

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► Tyra Banks says she's 'proud' she crashed the Sports Illustrated website when she posed in a yellow bikini at 45... as she prepares for DWTS hosting job

► 'The world came down on my shoulders': Dr Alex George tells of the 'tremendous guilt' he felt after the tragic death of his brother

► Isla Fisher steps out wearing pretty floral Bardot top with matching pumps and denim hotpants in LA

► Former Real Madrid defender Christoph Metzelder 'makes confession' over allegations of owning and spreading child pornography on WhatsApp

► Strictly WILL operate with a live studio audience - with tickets allocated in 'family bubbles' of four, cabaret-style seating and face coverings

► Here comes the bride! Prince Harry's ex Cressida Bonas cuts a casual figure as she's seen publicly for the first time since her low-key lockdown wedding

► Love Island's Jess Gale risks a serious wardrobe malfunction in sheer corset as she joins twin sister Eve in matching denim shorts on night out

Jenni Falconer proves the show must go on as she's seen sporting a fracture walker boot on her injured foot en route to hosting radio show

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► [Megan Fox and Machine Gun Kelly's film Midnight In The Switchgrass is forced to shut down AGAIN after Covid-19 outbreak among crew](#)

► [EastEnders' Adam Woodyatt shows off his slimmed-down frame following weight loss as he steps out without his wedding ring after splitting from wife](#)

► [Rod Stewart, 75, is joined by wife Penny Lancaster, 49, as he helps coach their youngest son Aiden, 9, and his team during football practice](#)

► ['Life is full of ups and downs and right now we are taking an up!' Louis Smith confirms he is expecting a baby girl with partner Charlie Bruce](#)

► [Mick Jagger's girlfriend Melanie Hamrick, 34, shows off her toned figure in a black bikini as she poses on a boat on holiday](#)

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► **'She's Meghan Markle's double!': Lorraine viewers are left stunned by Emmerdale actress Fiona Wade's uncanny resemblance to Duchess of Sussex**

► **TOWIE's Chloe Sims looks stylish in leather jacket and trousers as she joins leggy Georgia Kousoulou and host of other co-stars for filming**

► **'I want Carl to be my daddy': Katie Price shares video of son Harvey discussing her new boyfriend**

► **Love Island's Arabella Chi turns up the heat in white thong bikini and blue cropped t-shirt after it was revealed her new man is 'playboy' Morad Izemrane**

► **Who Wants To Be A Millionaire? jackpot winner, 57, reveals he went on a caravan holiday with wife the day after his seven-figure win**

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► **'I'm a fanatic about voting': Arnold Schwarzenegger offers to pay to reopen polling places in the South**

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► **Megan McKenna puts on a sultry display as she poses braless in a cream crochet top**

► **Kendall and Kylie Jenner flash cute smiles in adorable throwback photo with grandmother Mary Jo**

► **Jennifer Lopez shares a joke with friends as she dines al fresco amid ongoing battle to purchase the New York Mets baseball franchise**

► **Will Smith and DJ Jazzy Jeff reunite outside the iconic Fresh Prince Of Bel Air mansion... as Will helps the owners rent it out on Airbnb for only \$30**

► **Katie Holmes' new beau Emilio Vitolo Jr. takes a break between shifts to chat with customers at his restaurant Emilio's Ballato**

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► **Rob Kardashian adds more ink to his arm sleeve and shows it off on Instagram as KUWTK comes to an end**

► **Binky Felstead is ENGAGED! Made In Chelsea star reveals beau Max Darnton has proposed to her following 19 month romance**

► **Lindsay Lohan sends a cryptic tweet to Taylor Swift with no message which goes viral**

► **Christine McGuinness admits she's having a 'difficult time' following her mother's breast cancer diagnosis as she gives update on surgical treatment**

► **Woman's Hour host Jane Garvey says she quit the BBC Radio 4 programme because her 'indignation bank' is spent after discussing the same issues for 13 years**

► **Dramatic moment French police raid Conor McGregor's £3m yacht and haul the UFC star away after allegations he exposed himself to a woman**

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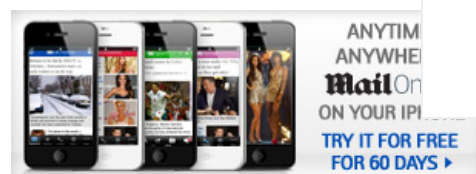
► **'I think we need to talk': Amy Childs settles her 6-YEAR feud with Bobby Norris while TOWIE fans rejoice as the star returns to the series**

► **Holly Willoughby looks typically chic in a green ensemble as she enjoys lavish family lunch... after lamenting England's imminent 'six person rule'**

► **Miley Cyrus says she has NEVER experienced 'an election this important' as she urges young people to vote in the upcoming presidential election**

► **Is it all over with Brian Austin Green? The telling sign bombshell Tina Louise and the hunky 90210 star have ended their 'fling'**

► **Demi Lovato appears to address 'fake' tweets supposedly written by fiancé Max Ehrich pitting her against former best friend Selena Gomez**



GADGET REVIEWS

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Bigger and better in every way: Apple's XS really does take the iPhone to the Max

Apple's new iPhone XS and XS Max go on sale on Friday - and the biggest handset Apple has ever made is also its best (and possibly unsurprisingly, its most expensive).

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The \$250 beauty device that works like 'Photoshop for your face'

Israeli beauty-tech firm Pollogen has launched its Geneo Personal device, which stimulates oxygen from beneath the skin's surface to give you a clearer, fresher face within minutes.

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iOS 12 review: The update that really will improve your iPhone

Rather than cram in a plethora of new features, Apple's latest update is about boosting stability, with improvements in everything from FaceID and battery life.

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Naim Atom: The hifi that will change the way you listen to music

It's eye-wateringly expensive at \$2,999, but Naim's Uniti Atom is a revelation, an integrated amplifier that makes it easy to stream music at a quality you've probably never heard before.

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The \$1,000 wireless speaker that really IS worth the price: Naim Mu-so Qb review

Naim's incredible Mu-So Qb takes you back to the good old days - where the music captivates and enralls, rather than simply being something in the background.

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The hi-tech \$2,000 spin bike that really could change your life

Peloton's hi-tech bike lets you stream live and on demand rides to your home - and it's one of the best examples of fitness technology out there - at a price.

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The best all in one wireless speaker you've ever heard: Naim Mu-so Qb

It might not be the most glamorous of products, but the Naim Mu-so Qb is a game-changer for the US market. It's a British brand that's been making a splash with its \$1499 hi-fi system.

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