## Dreaming numbers

## Damien Catani

## A disruptive teenage crisis



Need for reconstruction


## Dreams as a key to the self



The dream tracking process

## 1. Dream

## 2. Memorize



No tools

## The dream tracking process

## 3. Crystallize



Tools

## Why crystallize first then register?



## 'Crystallize’ tools: back to basics

## Sophistication



Time

## 'Register' tools: tech'ing up

## Sophistication



## Key dream stats

Dream tracking period
Total number of dreams logged
Average number of dreams / night
Highest number of dreams / night 14 (Aug. 28, 1998)
Longest >=1 dream streak
Longest 0 dream streak
17.55 years

7,459
1.21

58 days (May 30, 2015)
21 days (0ct. 3, 2005)

## Where does the number come from?

## Dreams per day over the past 10 years

14

12

10


## Where does the number come from?

Dreams per day over the past 10 years (50-day moving average)


## Where does the number come from?

- Cyclicality: week and year
- Correlations
- Momentum and inertia
- Goal-setting


## Weekly cyclicality

Dreams per day of the week (as percentage of total dreams)


## Yearly cyclicality

## What (learn)

Number of dreams per day of the year (30-day moving average, last 10 years)


## Correlations

## What (learn)



## The more I sleep, the more I dream What (learn)

Number of dreams per sleep hour brackets (variance to the mean)


## Beware inertia

22\%
more chance to have 0 dream at night if I had 0 dream the night before

## Surf the momentum

more chance to have 3 dreams at night or more if I had 3 dreams or more the night before

## Surf the momentum

Running streaks (>=1 dream nights) and number of dreams (50-day moving average)


## Adding goal-setting into the mix



## Until April 13 ${ }^{\text {th }}$, 2013:

"Write down all the dreams I can remember each night"

## From September $10^{\text {th }}, 2012$ :

"Remember (and write down) at least 1 dream per night on average"

## Wow, setting goals work!



## Aim high and forget safety nets

What (learn)


## Get the word out there



Qualitative goal-setting

