

# Dreaming numbers

Damien Catani







1. Dream



2. Memorize



No tools

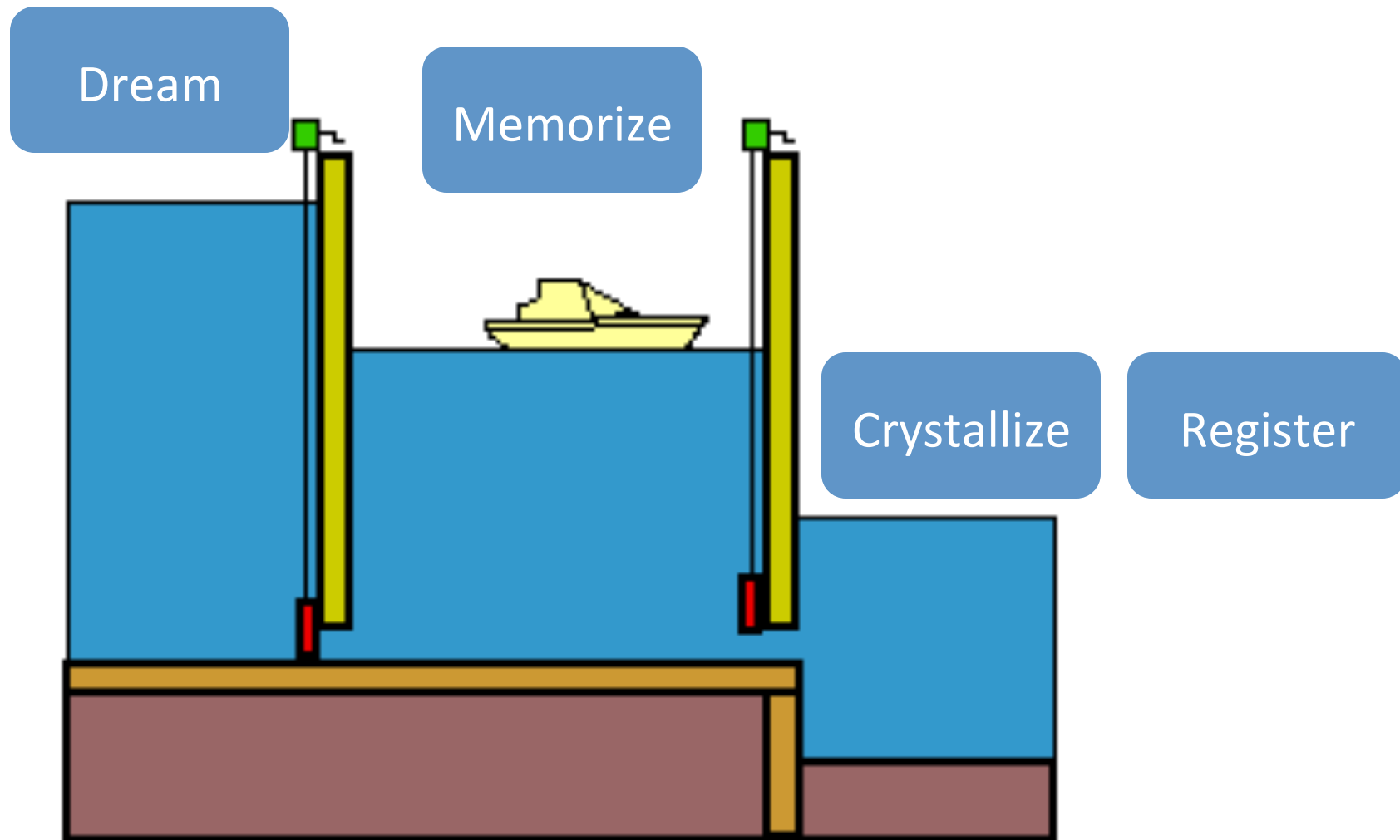
### 3. Crystallize



### 4. Register



Tools



Sophistication



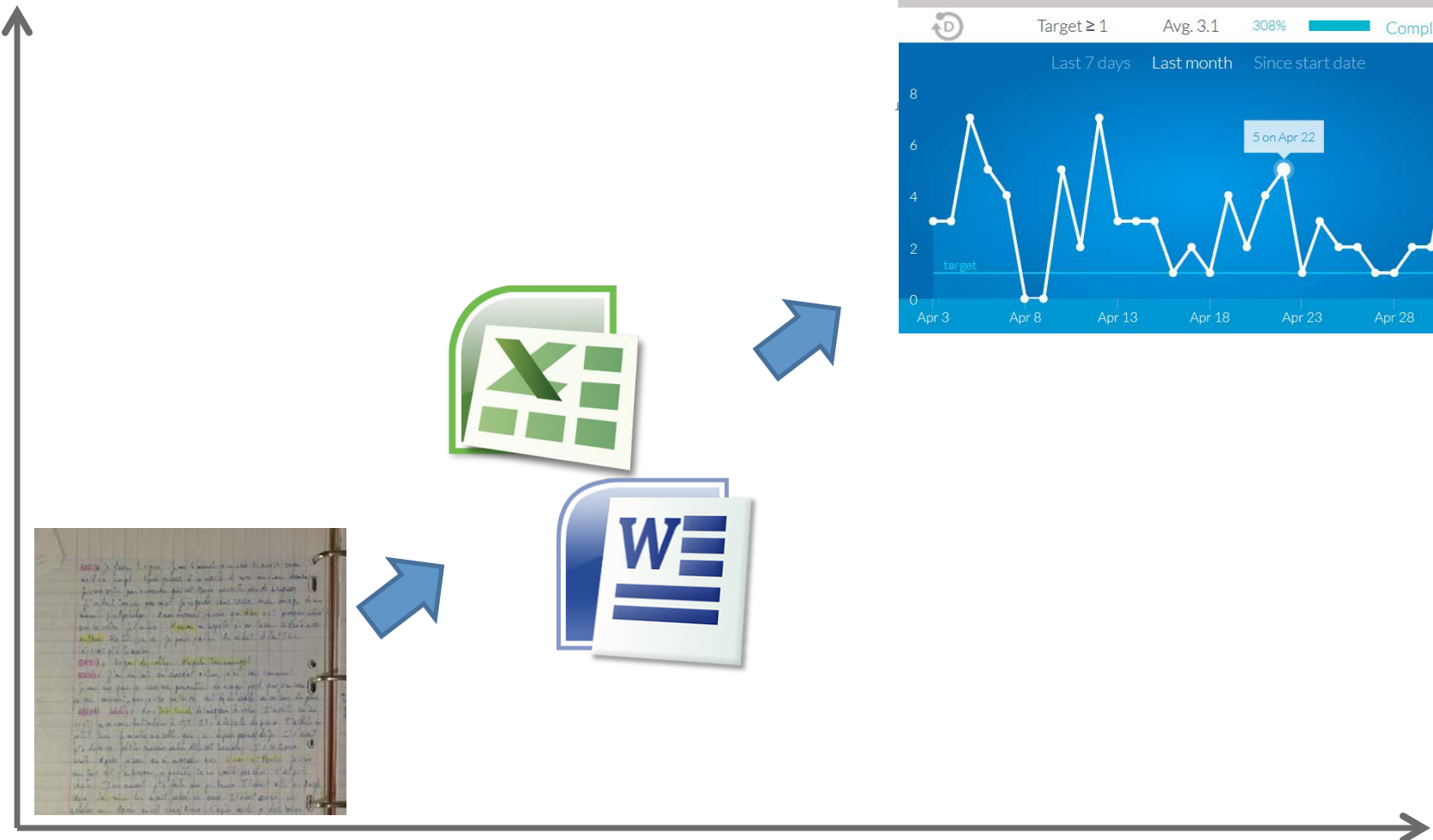
Time



# 'Register' tools: tech'ing up

# How

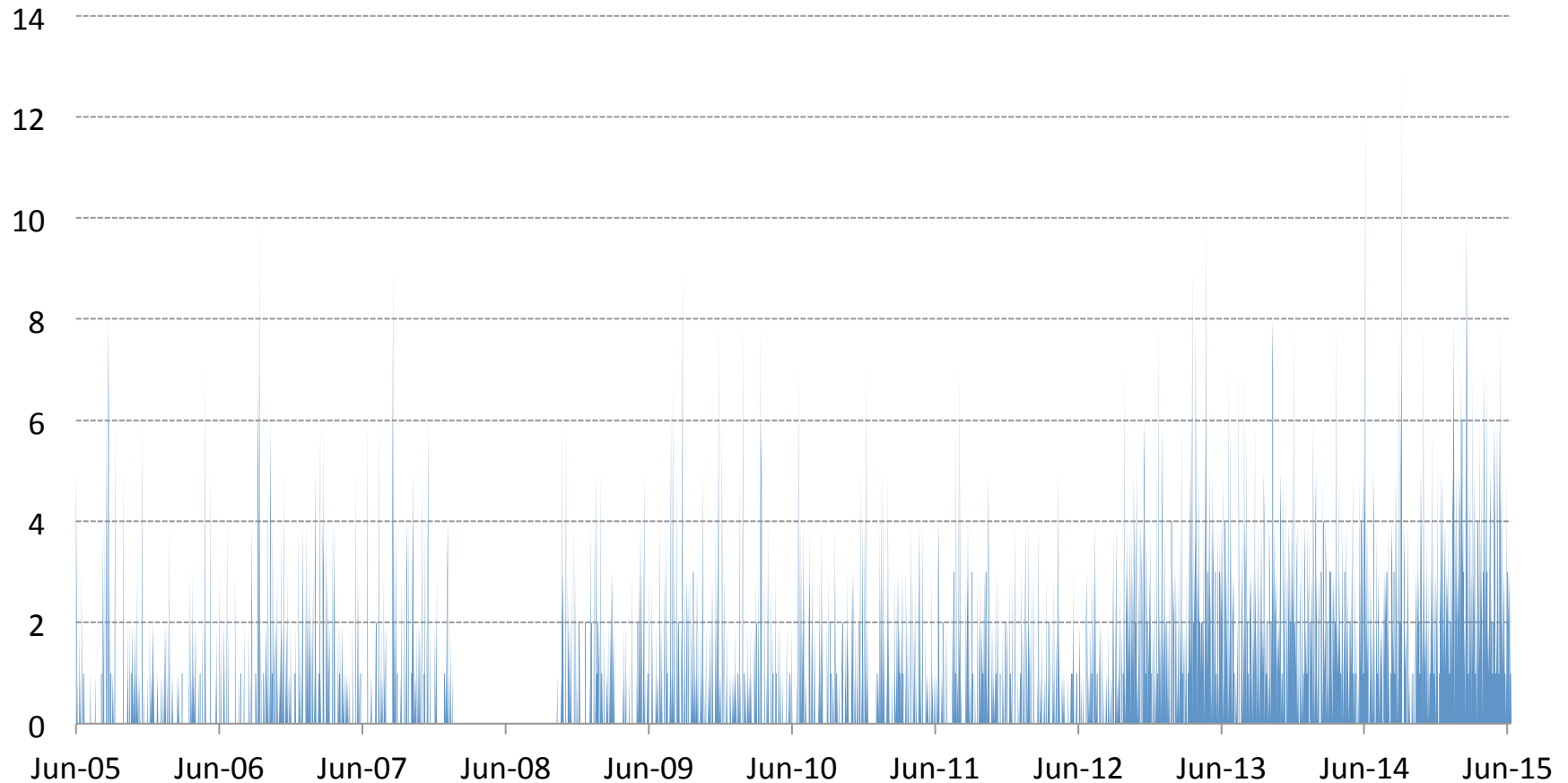
Sophistication



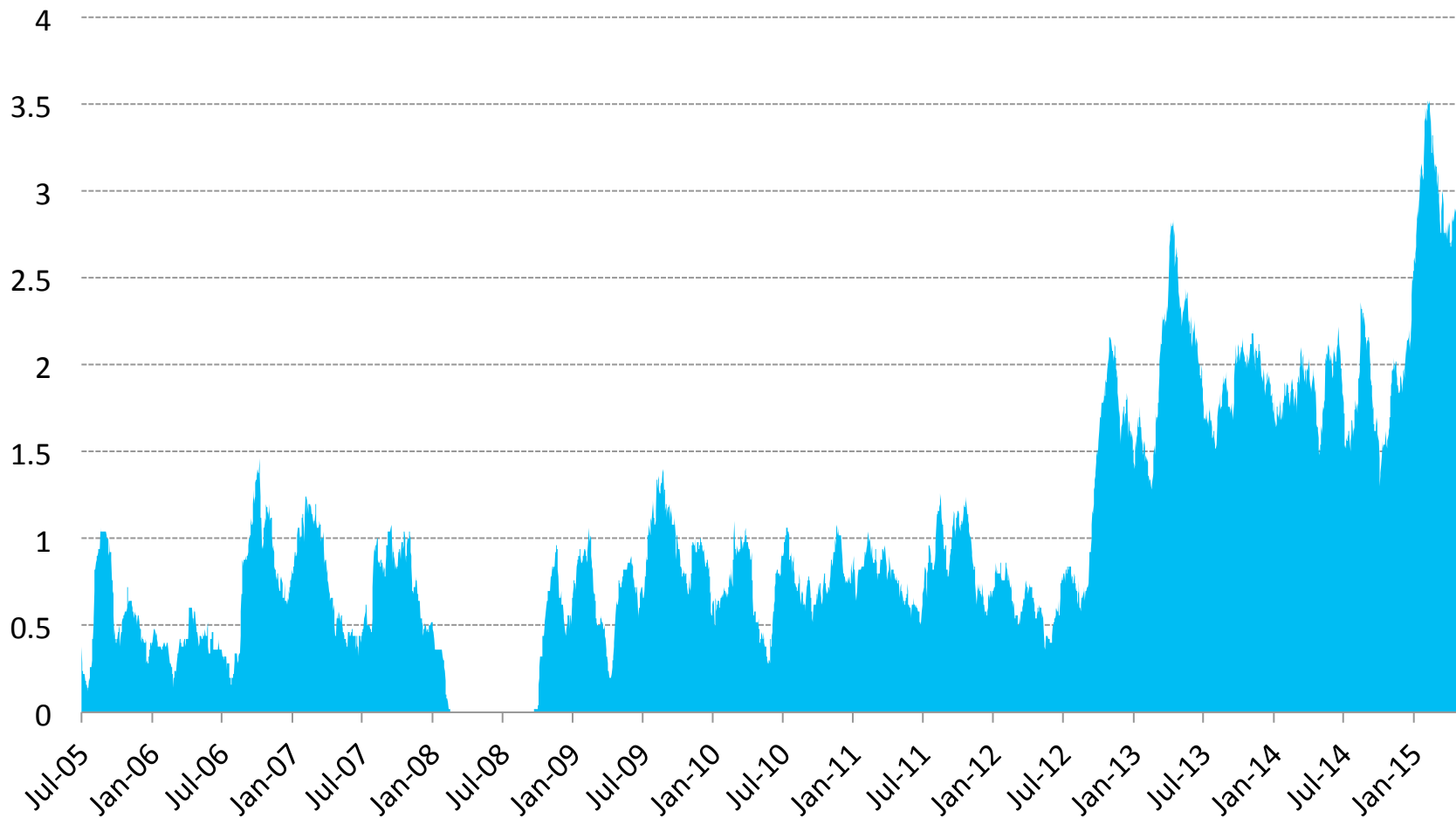
Time

Dream tracking period	17.55 years
Total number of dreams logged	7,459
Average number of dreams / night	1.21
Highest number of dreams / night	14 (Aug. 28, 1998)
Longest $\geq 1$ dream streak	58 days (May 30, 2015)
Longest 0 dream streak	21 days (Oct. 3, 2005)

## Dreams per day over the past 10 years

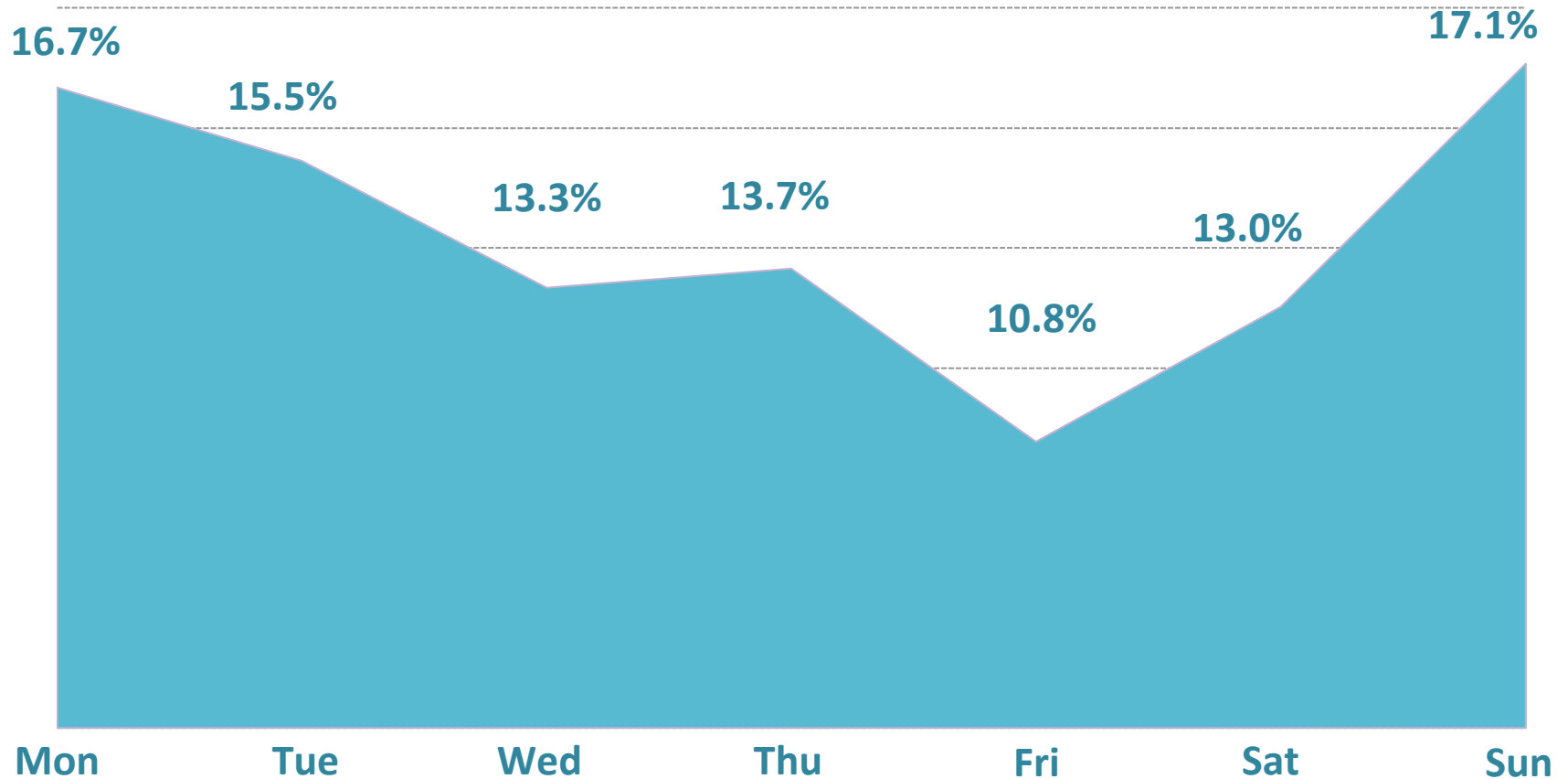


Dreams per day over the past 10 years (50-day moving average)

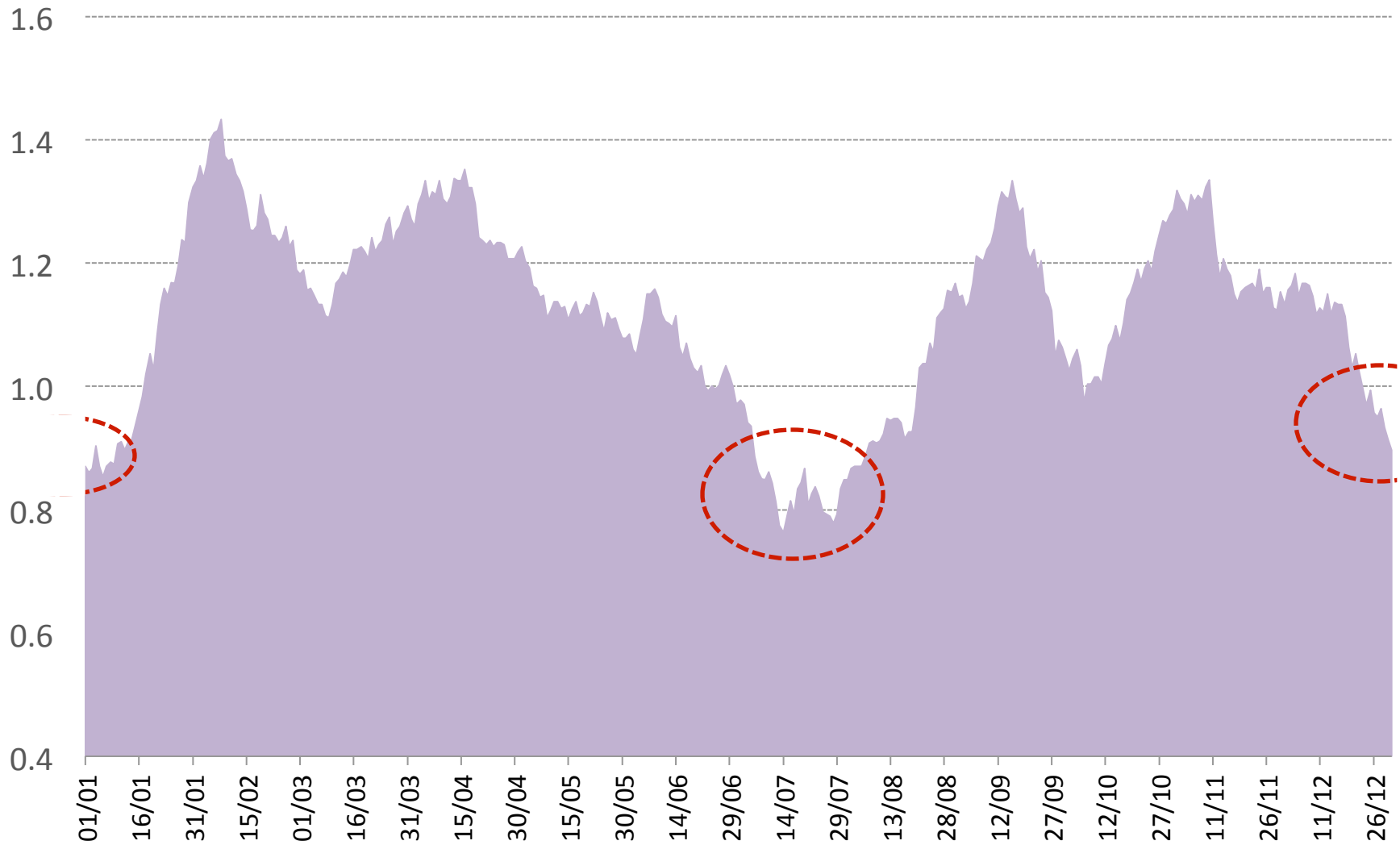


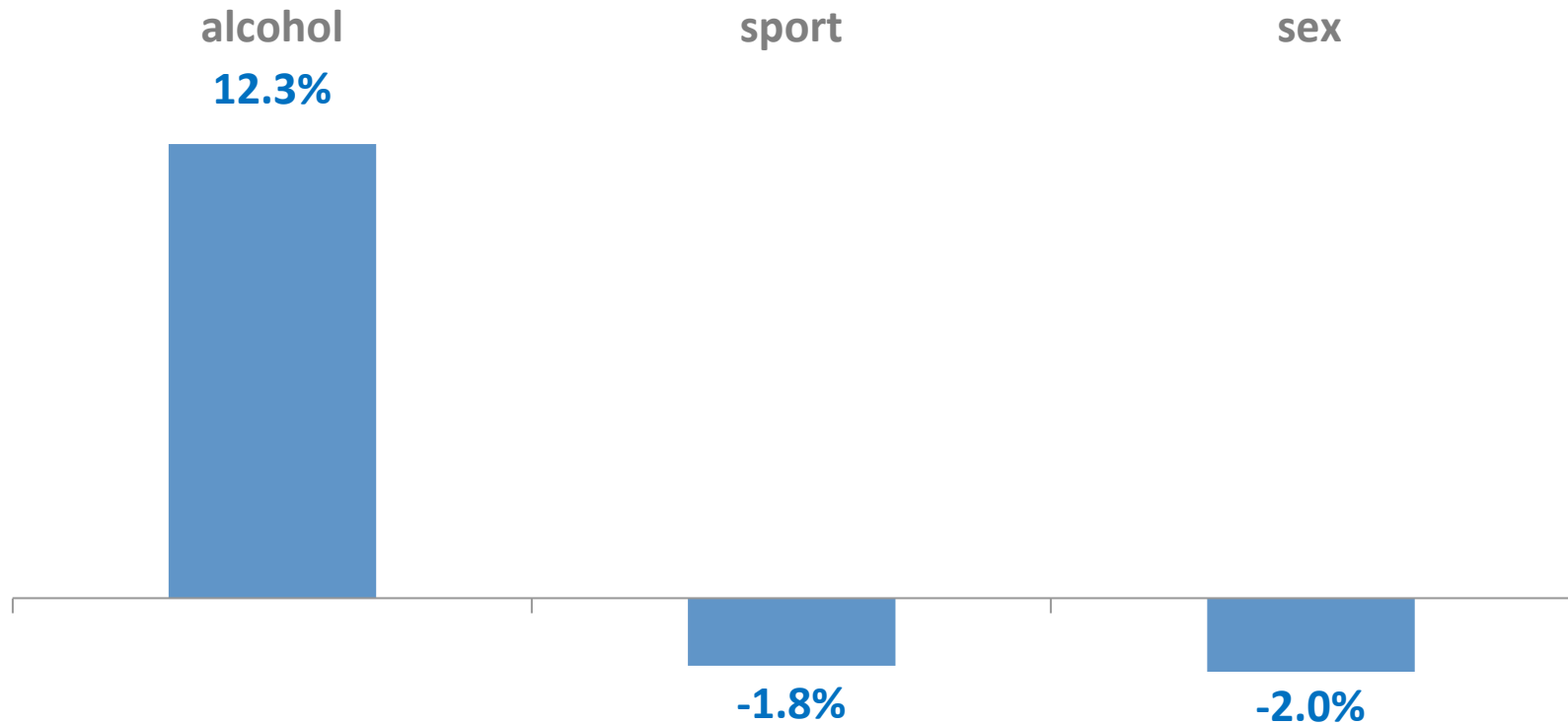
- Cyclicalities: week and year
- Correlations
- Momentum and inertia
- Goal-setting

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



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





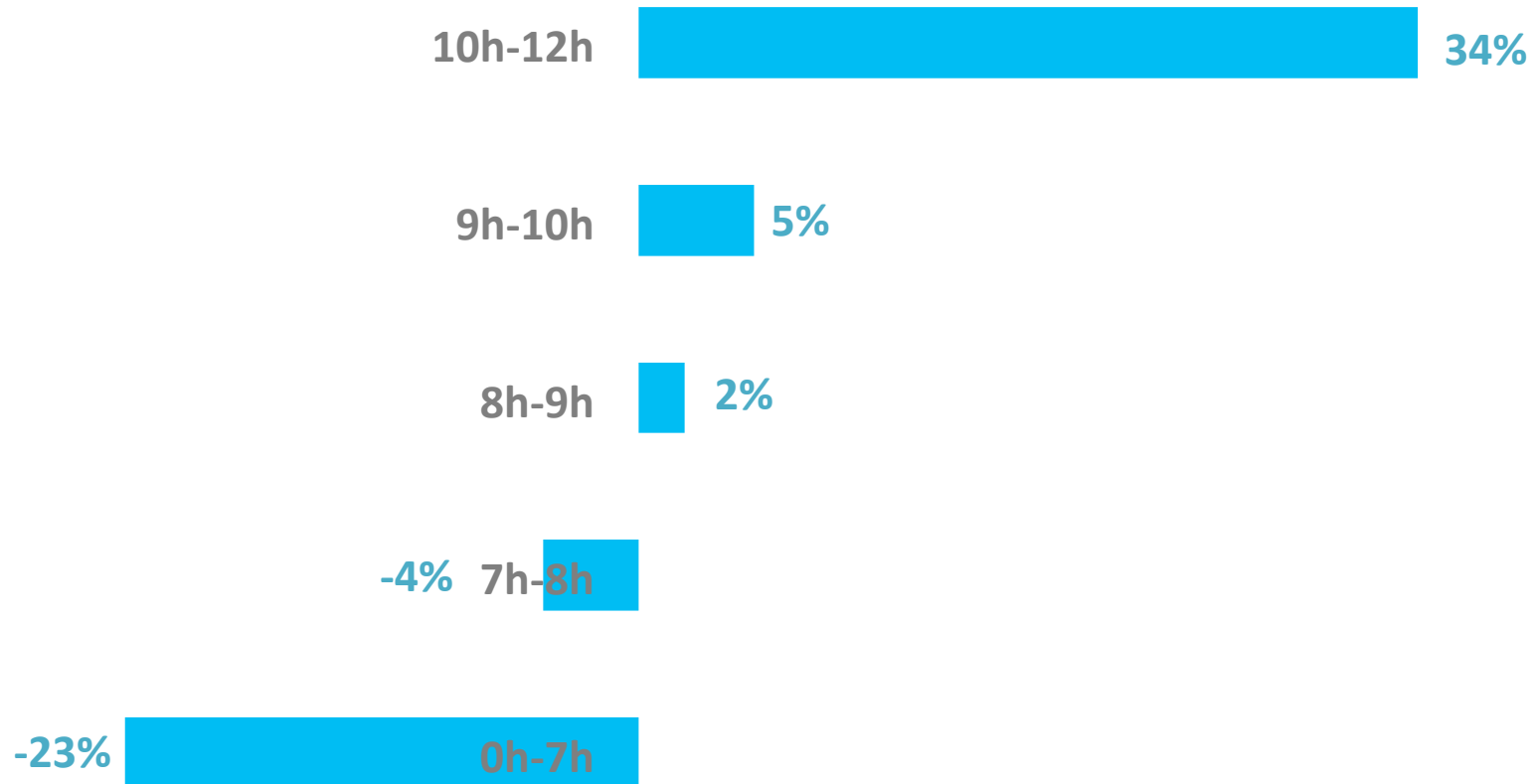


# The more I sleep, the more I dream

What (learn)

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

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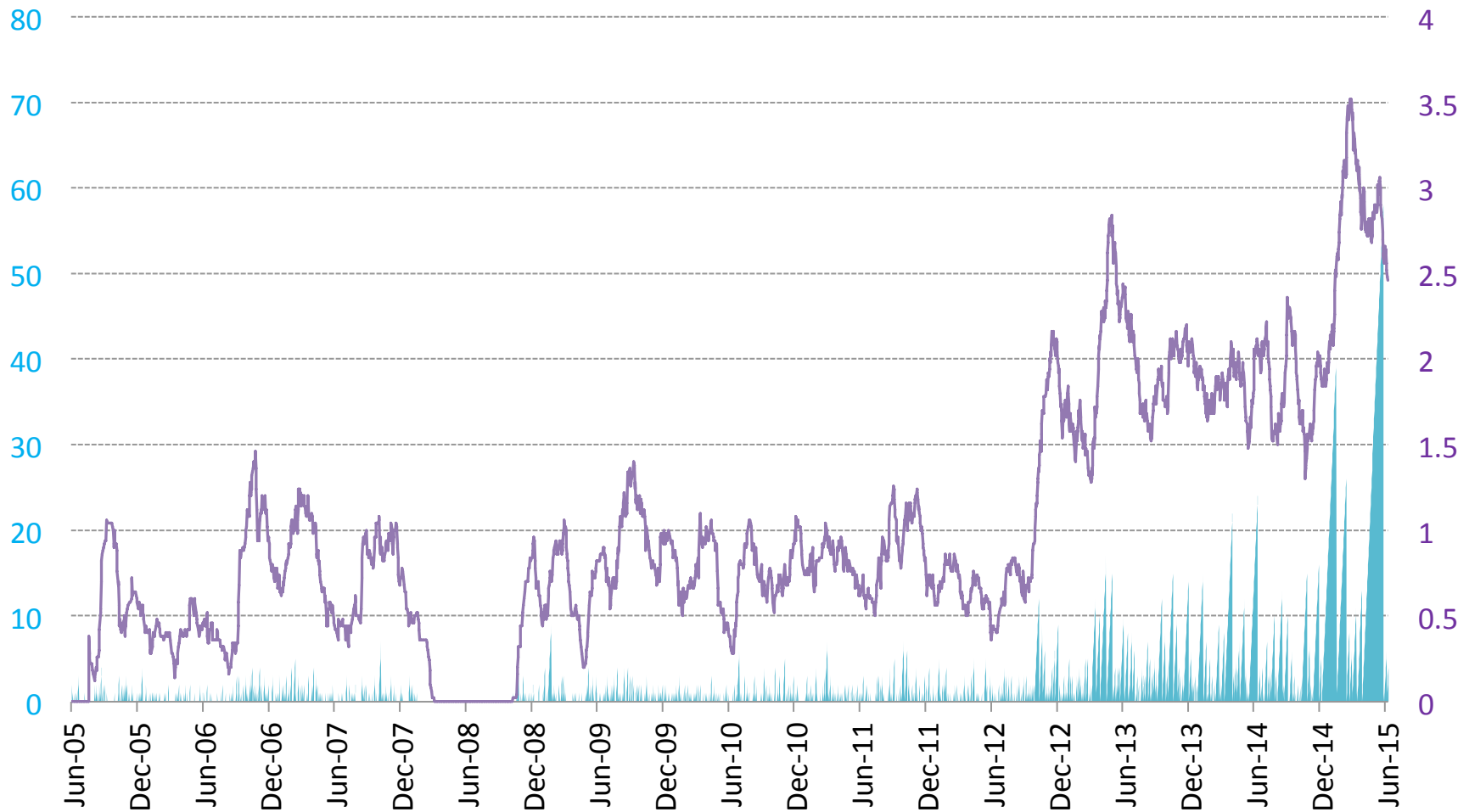
22%

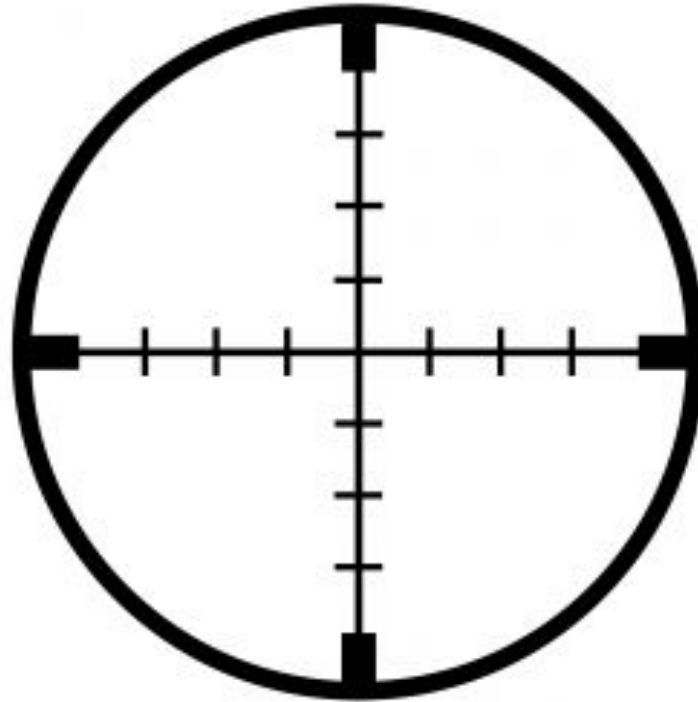
more chance to have 0 dream at night if I had 0 dream the night before

56%

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

Running streaks ( $\geq 1$  dream nights) and number of dreams (50-day moving average)





**Until April 13<sup>th</sup>, 2013:**

*“Write down all the dreams I can remember each night”*

**From September 10<sup>th</sup>, 2012:**

*“Remember (and write down) at least 1 dream per night on average”*

