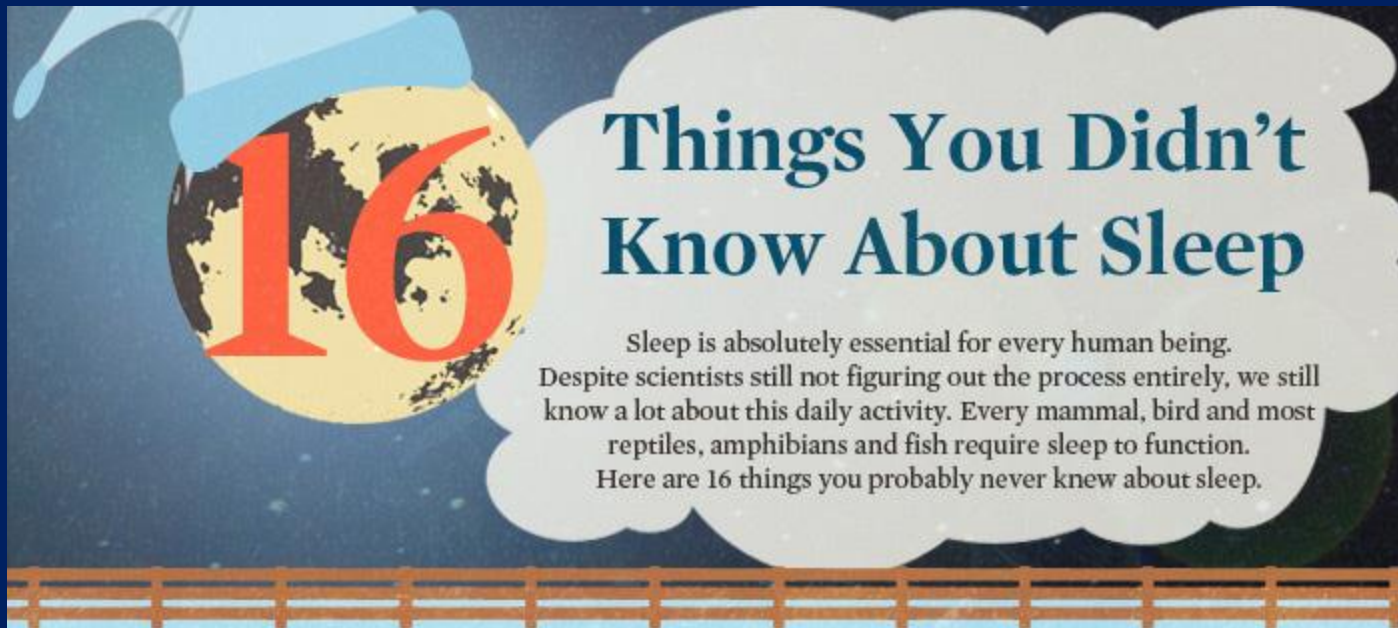


BROUGHT TO YOU BY VIPUL M DESAI



POSTED AT - <http://suratiundhiyu.wordpress.com/>

1

What goes on when you sleep:

Your brain recharges



Your body releases important hormones

Your cells repair themselves



3



You need different amounts of sleep depending on your age:

16 HOURS Babies

10 HOURS 3-12

10 HOURS 13-18

8 HOURS 19-55

6 HOURS Over 65



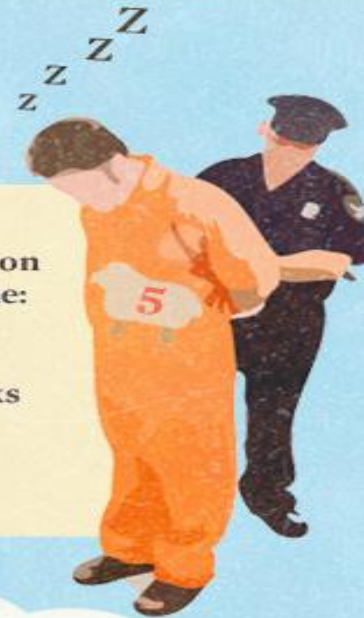
Men have dreams about **other men 70% of the time.**
But women dream about women and men equally.

4 We can **only dream about faces** we have already seen, whether we actively remember them or not.

Parasomnia is a type of **sleep disorder** that makes you do **unnatural movements**, despite being asleep.

Crimes committed on parasomnia include:

- Sleep driving
- Writing bad checks
- Murder
- Child molesting
- Rape



6 12% of people dream **only in black and white**.

This number use to be higher but since the **advent of color television**, more people dream in color than before.

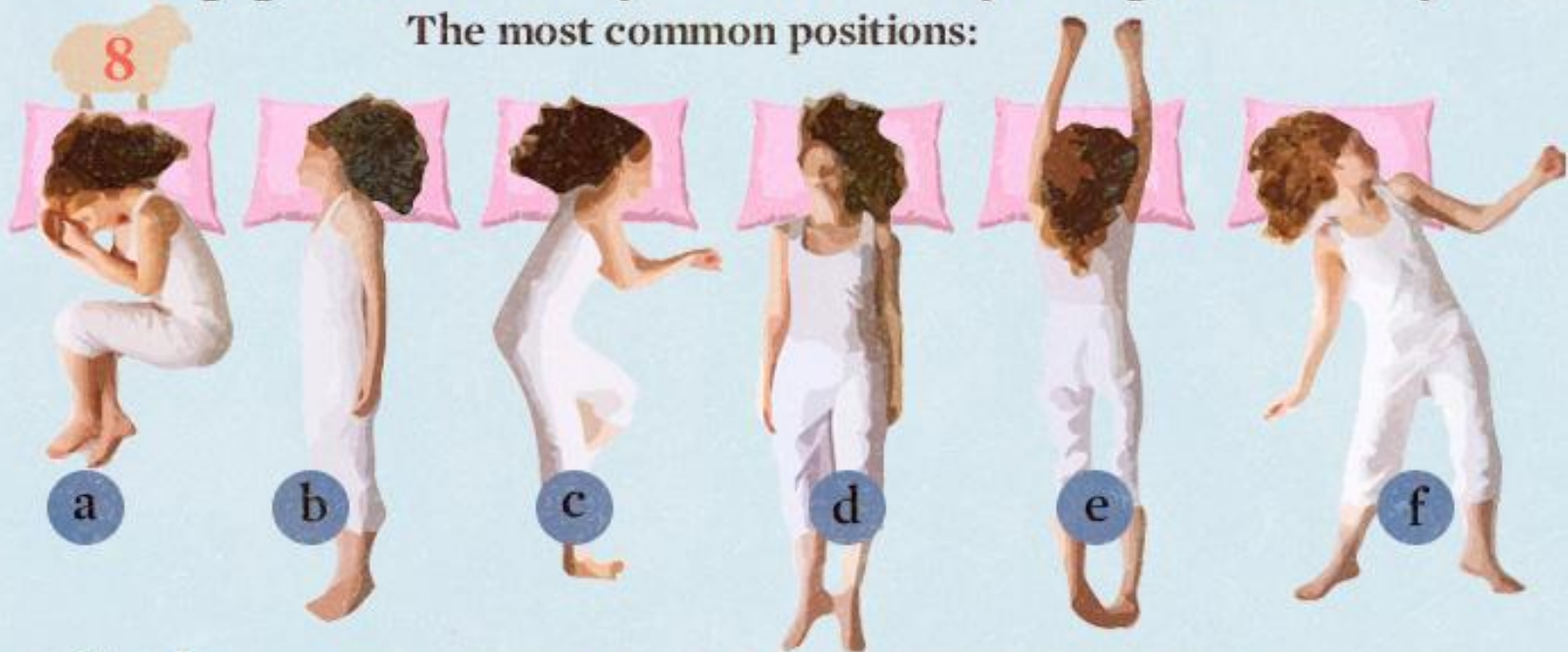
7 **Dreaming is normal.**

People who do not dream generally have personality disorders.



Sleep positions may determine your personality.

The most common positions:



- a. Fetal (41%) - People are gruff initially, but have warm and open hearts
- b. Log (15%) - Social butterflies
- c. The Yearner (13%) - Perceived as open, but truly suspicious
- d. Soldier (8%) - Reserved
- e. Freefall (7%) - Fun and fantastic at parties
- f. Starfish (5%) - Excellent listeners



1 in 4 married couples sleep in separate beds.



British soldiers were the first to develop a method in staying up 36 hours without sleep.

When fatigued, they put on special visors that emulated the brightness of a sunrise and it woke them up.

Longest Sleeping Mammals:

- Koalas 22 HOURS A DAY**
- Brown Bat 19.9 HOURS A DAY**
- Pangolins 18 HOURS A DAY**



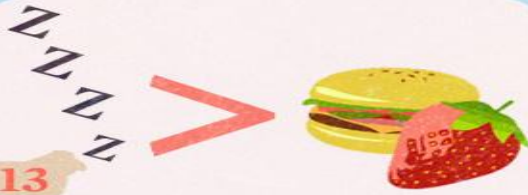
Shortest Sleeping Mammals:

- Giraffes 1.9 HOURS A DAY (in 5-10 minute sessions.)**
- Roe Deer 3.09 HOURS A DAY**
- Asiatic Elephant 3.1 HOURS A DAY**



When dolphins sleep, only half their brain shuts down. The other half stays awake to help with breathing cycles.


13



You'll die from sleep deprivation before food deprivation. It takes 2 weeks to starve, but 10 days without sleep can kill you.

14

Blind people can still see images in dreams.



Those born blind experience dreams involving: emotion, sound, smell, and touch instead of sight.

15



Within 5 minutes of waking up, 50% of your dream is forgotten.

Within 10 minutes, 90% is gone.

1 out of 50 teenagers still wet their beds.



Information provided by: <http://www.PsychologyDegree.net>

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