

## Dream quest: Why you can't remember your dreams—and how you can change that

For many of us, dreams are an almost intangible presence. If we're lucky, we can only remember the most fleeting glimpse in the cold light of day...

"Someone who asks me the question of why they can't remember their dreams, I say it's because they fall asleep too fast, sleep too soundly and wake up with their alarm clock," says Harvard Medical School sleep researcher Robert Stickgold. "And their response is usually, 'How did you know that?'"

...

So what if you actively want to remember your dreams? ...

"What I tell my students on my courses is, when you wake up, try to lie still – don't even open your eyes. Try to 'float' and at the same time try to remember what was in your dream. What you're doing is you're reviewing dreams as you enter your waking state and you'll remember them just like any other memory," [Stickgold said.]

...

And there is another piece of advice offered by some sleep researchers – that simply repeating to yourself as you drift towards sleep that you want to remember your dreams means you wake remembering them.

**Read full, original post:** [Why can't some people remember their dreams?](#)