

If you can't remember your dreams, is there something wrong with you?

What is it about people who don't remember their dreams that sets them apart from the people that do? Is it possible for the brain to stop producing dreams? And could something be wrong in the brains of people who report never dreaming?

Raphael Vallat, a neuroscientist specializing in sleep and dream research at the University of California, Berkeley Sleep and Neuroimaging Lab, offered insights to a number of these questions.

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The idea is that some aspects of our waking lives may influence some aspects of our dream lives. And personality probably influences a person's attitude toward dreaming in general. Someone who tends to be more logical and analytical, like an engineer, maybe wouldn't give dreams a second thought. And it's no coincidence that those most interested in their dreams can also recall them more often.

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In the brains of dreamers, [their default mode networks are typically more active and connected](#) during both waking and sleeping hours, Vallat said. This extra connectivity and activation may help dreamers remember their dreams. But it also may make dreamers more prone to flights of fancy in general.

Read full, original post: [Why Do Some People Always Remember Their Dreams, While Others Almost Never Do?](#)