

## Dreaming while awake is possible and other strange facts about dreams

[W]e've examined five strange findings about dreaming from the psychology literature:

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### 3. People who no longer think can still dream

Auto-activation deficit is a condition, caused by damage to the basal ganglia, in which people not only report having no thoughts, but have lost all self-motivation. They have to be told by carers to do everything from brushing their teeth to eating. However, even though their mind is a blank while they're awake, [research published by a team in France](#), shows that some, at least, do still dream.

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### 4. Certain drugs can allow you to “dream” while awake

The psychedelic drug DMT (one of the main psychoactive constituents of ayahuasca) [produces brain rhythms that look at lot like those observed during dreaming](#). The team behind this finding reported that, compared with participants who'd received a placebo, the DMT group had much less alpha wave activity.

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### 5. Some people's daydreams take over their lives

For some people, their daydreams are so vivid and absorbing that “real life” fades into the background. [As one sufferer of Maladaptive Daydreaming \(MD\) explains it](#): “I am careful to control my actions in public so it is not evident that my mind is constantly spinning these stories and I am constantly lost in them.”

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