

Could eating cheese and other dairy products cause disturbing dreams?

Eating cheese late at night, the rumour goes, will give you strange dreams. As far back as 1964, a researcher noted that a patient stopped having nightmares when he dropped his habit of eating one or two ounces of cheddar cheese every evening.

More recently, the now-defunct British Cheese Board, who [funded a study in 2005](#) and concluded [that eating blue cheese causes vivid dreams](#), while cheddar makes people dream about celebrities. The study wasn't exactly scientifically robust or published in a peer-reviewed journal, but the findings helped to perpetuate the belief that cheese can affect the content of our dreams.

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Another indirect explanation is cheese's high lactose content. A study that Nielson conducted in 2015 found that only 17% of people said their dreams seemed to be influenced by what they ate, but he says [dairy products were the foods most frequently reported as causing](#) disturbing dreams.

"It's entirely possible that these effects were due to people having lactose intolerances," [psychology professor Tore Nielson] says. "It's likely an indirect effect in that [lactose produces symptoms like gas, bloating and diarrhoea and influences dreams](#), as dreams draw on somatic sources like this."

[This is an excerpt. Read the original post here.](#)