

# SWEET DREAMS

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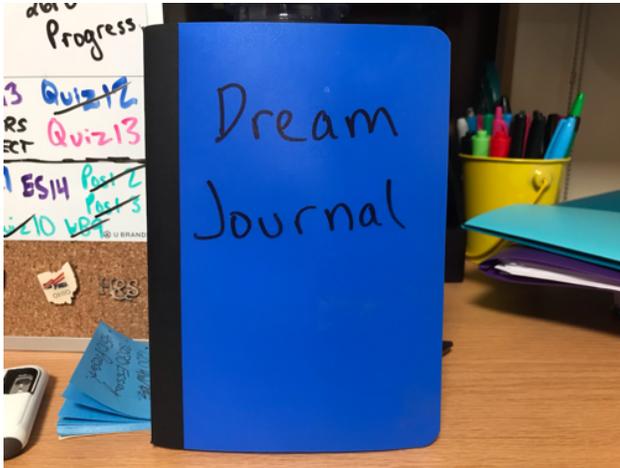


## Description

I have always had a curious interest in dreaming. I recently learned about lucid dreaming, which influenced me to pick dreams as my Spring Semester Project. This project represents the academic enrichment and original inquiry goals of the Scholars Program. Through my own individual dream study, I can research dreams and their significance as well as get an intrinsic and personal perspective of my own mind and sleep process.

# PROCESS

Over 40 days, I kept my dream journal at my bedside with a pen. As soon as I woke up, either by alarm or naturally, I recorded my dreams and how they felt. Later on every day I recorded a dream, I tried to look for relationships between my dream and what was happening in my life.



## Data Collection

Research shows that dreams become harder to remember as your brain "wakes up" so I had to keep my dream journal and pen close to my bed. If I remembered most of my dream, I would record the date, what I remembered, and any significant emotions I felt during the dream.

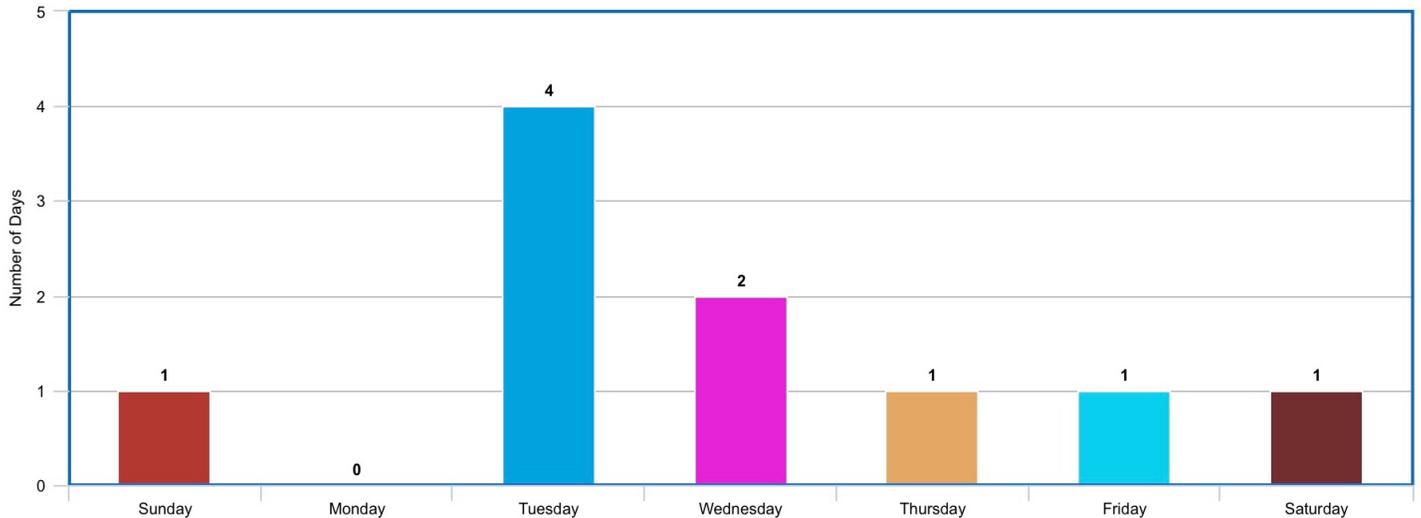


## Lucid Dreaming

Initially, I had the goal to lucid dream. After researching common methods, I discovered that training yourself to do so usually requires setting alarms very early in the morning. I decided that this would not be beneficial for mine or my roommate's sleeping schedule and in turn, health. However, I was encouraged to research more into this topic and am planning an attempting to lucid dream in the summer.

# DATA ANALYSIS

Dreaming by Days of the Week

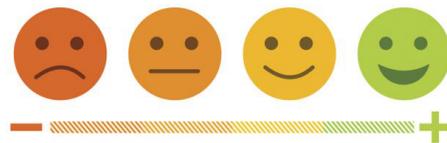


## Key Points

- Tuesday was the most common day of the week to have a memorable dream.
- Out of 40 days of data collection, I could accurately recall my dreams for 12 of those days.

## Emotional Analysis

I tended to dream and express my emotions about topics that were troubling me in the daytime. For example, I took care of my vacationing neighbor's cats over break. She is very particular about how to take care of them and gets upset when her expectations are not completely met, so I am slightly fearful that she will get mad at me. In that week, I recorded two dreams involving her being angry with me.



## Conclusion

I do not have any classes to attend on Tuesdays, making Tuesdays one of my most relaxing days of the week, explaining the increased number of dreams. Many of my dreams included details that pertained to occurrences and situations that happened only recently compared to the dream.

# REFLECTION

After completing this project, I have a better understanding of why I dream about what I dream about. I can understand and be in touch with my emotions more than I was able to be before. As a Scholar, I have learned that academic enrichment is not only beneficial to your academic success. It improved a part of my life, however small, and was even fun to keep track of. In my future in architecture, I can apply the same concepts as learned in this project. To a certain extent, my projects will be extensions of my emotions and I have to acknowledge that and monitor it.