

## Human Mind: Collecting Dreams Data

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We suggest a method for collecting data about dreams. We propose that the data may be used for studying sleep states versus dream states. Also that the data could be useful for identifying the boundaries between conscious, subconscious and unconscious states of the mind.

### 1. Human Mind and Dream

As human mind is transiting into sleep state, thoughts appear and disappear, dreams occur and disappear. As sleep progresses, dreams may reappear and re-disappear. There are short span dreams, intermittent dreams, dreams that shift scenes, topics etc. On the other hand, there are sleep states: conscious, unconscious and sub-conscious. It is unclear how the sleep states and dream may be connected or disconnected or inter-related. We suggest a method for collecting dreams data, through which some of these questions could be addressed.

As we collect data about dreams, we may, to begin with, assume that we are not controlling our thoughts, such as not suppressing them as they occur or forcing them to go in a particular direction, rather allowing them to go in their natural course. This assumption may be relaxed, modified or enhanced in an appropriate way as we make progress with dream data collection. For normal subjects, dreams could occur during sub-conscious as well as unconscious mind states.

### 2. Collecting Data about Dream and Mind States

For collecting data about dreams, we suggest the following method:

Use a tape recorder, alarm clock and a friend (a qualified professional, henceforth QP) of the subject (person whose data is being collected).

- 1) Take a topic and have the QP discuss that topic with the subject as the subject is going into the sleep state
- 2) Wake up the subject at varying lengths of time since passing into sleep (example: 1 minute after sleep, 2 minutes, 3 minutes after sleep, one hour after sleep etc) and at each time ask him upon waking up how his thoughts flowed since the last time he was discussing the pre-set topic with the QP. Record his account.
- 3) Repeat these steps over several months ensuring that frequent waking up doesn't harm the subject mental or physical health. Keep recording the accounts of the subject about the dreams since waking from sleep.
- 4) External forcing: have a specific song playing outside as the subject is going into sleep. Then upon passing into sleep wake him up at regular intervals and records his dream accounts.

Step 2 helps to identify the boundaries between three phases during sleep: conscious, sub-conscious and unconscious states.

The experiment may also be self-conducted by the subject by using the alarm clock. The subject may set varying lengths of time and wake up upon the ringing of alarm and record his account into the tape recorder. In this version (second version, first version being subject and QP/QPs together collecting data about dreams) only the subject is involved.

This experiment allows us to collect data about dreams as well as identify boundaries between conscious, sub-conscious and unconscious states of human mind. How the thought processes are inter-connected, how they flow and evolve with time. How long the dreams might last, how quickly they change scenes, how they relate to the real life events among several others. This experiment may also be varied according to the specific situation. For instance, if the subject has specific type of requirement (such as he witnesses in most of his dreams that he's swimming etc) then that also may be incorporated. In the swimming instance, an external forcing of sea water sound may be played as the subject is going to sleep then the dream data recorded and data analyzed for the flow and direction of the dream.

One of the ways the data could be used is through extensive data analysis of the witnessed dream against the real life situation, events, subject's interests, new situations etc. This method of collecting data about dreams lets us identify the priorities of sub-conscious thoughts and of unconscious thoughts.

We may formulate new kinds of questions about dream research and incorporate them into the same experimental method described here. New conclusions may be arrived at using the data thus collected.

To whom it may concern

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