As the pandemic affects our psychological well-being and our sleep, this crisis context is also noticeable in our dreaming lives.

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- **Threat-simulation hypothesis**: this hypothesis claims that dreaming allows for a riskless confrontation with them, unfolding interpersonal bonding. 

These findings correlate with reported levels of anxiety and depression, which predispose to sleep problems.

Compared to the pre-covid period, studies based on self-reported questionnaires show that severe symptoms of insomnia (14% vs 5%) and poor rest quality (60% vs 30%) have greatly increased. The most affected ones seem to be:

- women, 
- workers who couldn't pursue their job in smart-working modality, 
- people with late chronotypes, who tend to be more active in the evening.

Thus, our dreaming lives can be fully aware of during wakefulness, allowing us to confront and cope with them.

**SOME USEFUL ADVICE** …

- Stick to your pre-covid sleep and wake schedules
- Exercise regularly
- **Exposure to light sources such as phone screens or PCs in the evening suppresses the production of melatonin, a hormone that has a crucial role in sleep regulation**
- In addition, this can be a source of stress due to the continuous exposure to news feed just before bed, a factor that could contribute to the increased latency of falling asleep

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Compared to the pre-covid period, we recall more dreams and we have more nightmares. Dream reports are longer, more realistic, more emotional, and depict more vivid sensory impressions.

People most affected by the pandemic showed highest increases in dream recall, negative dream content, and incorporate rates of Covid-19-related elements.

The most common dream themes and imagery are:

- Loss of control, frustration, powerlessness
- Negative emotional tone (anger, sadness)
- Covid-19 (virus, cleanliness, contamination)
- Head and face related content
- Food
- Animals
- Abrupt location changes

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