

## **Dreams and Altered States of Consciousness**

This paper explains the unknowns about the mind, stating dreams and altered states of consciousness as the main topics and elucidating their theories thoroughly. To accomplish it, my research work has been divided into a theoretical part, in which the states of mind are explained, characteristics about dreams, the near-death experience by Dr. Manuel Sans Segarra, among others; and a practical part, whose purpose is to have a better understanding of the main topics of dreams and the interpretation of those.

For clarity, the practical part is divided into three main topics, two of those explain the main topics of dreams and nightmares, contrasting the information obtained via a questionnaire forwarded to school pupils with two recent scientific studies that carry out the same methodology.

In this questionnaire, students were asked to write a dream/dreams, which were later analyzed to extract all the data possible. One of the dreams (randomly selected) made possible to frame the last part, interpreting a dream to assert whether dreams can or cannot be understood.

Due to all this research, it has been possible to extract a considerable amount of information on the matter. A point that needs to be underscored is the structure this work follows, starting from the parts of the brain and proceeding to more complex matters, for instance, REM and No REM.



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