

## FULL TEXT LINKS



[Review](#) [Curr Opin Pulm Med.](#) 2024 Nov 1;30(6):583-588.

doi: 10.1097/MCP.0000000000001112. Epub 2024 Aug 8.

# Exploring the role of dreams: insights from recent studies

[Serena Scarpelli](#)<sup>1</sup>, [Valentina Alfonsi](#)<sup>1</sup>, [Luigi De Gennaro](#)<sup>1 2</sup>

Affiliations

PMID: 39115405 DOI: [10.1097/MCP.0000000000001112](#)

## Abstract

**Purpose of review:** Dreaming has only recently become a topic of scientific research. This review updates current findings on dream studies, emphasizing recent research on the neural mechanisms of dreaming. Additionally, it summarizes new evidence on the functional role of dreams, including insights from studies on dreams and nightmares during the coronavirus disease 2019 (COVID-19) pandemic.

**Recent findings:** Recent advances on the neural basis of mental activity during sleep have shifted towards dream-related phenomena, such as dream experiences in relation to parasomnias and hypnagogic hallucinations. Although some findings are consistent with the main models explaining dream recall (i.e., continuity hypothesis; activation hypothesis), some results contrast with the role of parieto-occipital region in dream experience. Moreover, recent findings - related to COVID-19 pandemic - underlined that dream experiences could express emotion regulation processes as well as provide a simulation of reality to prepare for future dangerous or social interactions.

**Summary:** Overall, we highlighted the intricate interplay between brain regions in dreaming and suggest that dreams serve multiple functions, from reflecting waking-life experiences to simulating adaptive responses to threats. Understanding the neural bases and functions of dreaming can provide valuable insights into human mental health, nevertheless, further research is needed.

Copyright © 2024 Wolters Kluwer Health, Inc. All rights reserved.

[PubMed Disclaimer](#)

## Related information

[MedGen](#)

## LinkOut - more resources

### Full Text Sources

[Ingenta plc](#)

[Ovid Technologies, Inc.](#)

[Wolters Kluwer](#)

### Medical

[MedlinePlus Health Information](#)

### Research Materials

