

Fig.015 Picture of a sketch I made in order to remember twelve dreams. The actual mental image is a creative process in which all the various elements ought to be well interconnected and rather physical in order to become more memorable. The writing of the dreams can be the most time consuming work I have to take care of during the daily update of my project.

DREAMS 03

Of all the dreams I might have throughout the night, the ones I do remember are those occurring early in the morning. Traditionally, at least in the time of the Romans, these morning dreams were considered the most telling and prophetic but to me they are just simply the ones I remember. I usually go to bed around 10 in the evening and the most dreams I have are between 4:30 and 6 in the morning. The more I can sleep until 6 the more dreams I can remember. It is also true however that in an urban context I don't sleep too well. I don't know whether it is because of the dozens of WI-fi signals in the air and all the many appliances of many neighbors. Either way I wake up around 5 and the amount of dreams I can remember are less. With the winter and the darkness I can even wake up around 3.30 and still remember some dreams. In these situations I just update my project on my computer and then get a few hours sleep between 5.30 and 7.30. During this time I can get more dreams as if the writing of my dreams during my project update also stimulates more dreams. Also I have noticed that if for whatever reason I don't manage to write my dreams down early in the morning and have to wait the evening to do so, this going back to my dreams prior to going to sleep boosts my dreams or just only my awareness of them.