Dreaming numbers

Damien Catani
A disruptive teenage crisis

Why
Need for reconstruction

ASCETIC

Why
Dreams as a key to the self

What (do)
The dream tracking process

1. Dream

2. Memorize

No tools
The dream tracking process

3. Crystallize

4. Register

Tools
Why crystallize first then register?
‘Crystallize’ tools: back to basics

Sophistication

How

Time
‘Register’ tools: tech’ing up

Sophistication

Time

How
<table>
<thead>
<tr>
<th><strong>Key dream stats</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Dream tracking period</td>
<td>17.55 years</td>
</tr>
<tr>
<td>Total number of dreams logged</td>
<td>7,459</td>
</tr>
<tr>
<td>Average number of dreams / night</td>
<td>1.21</td>
</tr>
<tr>
<td>Highest number of dreams / night</td>
<td>14 (Aug. 28, 1998)</td>
</tr>
<tr>
<td>Longest ( \geq 1 ) dream streak</td>
<td>58 days (May 30, 2015)</td>
</tr>
<tr>
<td>Longest 0 dream streak</td>
<td>21 days (Oct. 3, 2005)</td>
</tr>
</tbody>
</table>
Where does the number come from?

Dreams per day over the past 10 years
Where does the number come from?

Dreams per day over the past 10 years (50-day moving average)
- Cyclicality: week and year
- Correlations
- Momentum and inertia
- Goal-setting
Weekly cyclicality

Dreams per day of the week (as percentage of total dreams)

<table>
<thead>
<tr>
<th>Day</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>16.7%</td>
</tr>
<tr>
<td>Tue</td>
<td>15.5%</td>
</tr>
<tr>
<td>Wed</td>
<td>13.3%</td>
</tr>
<tr>
<td>Thu</td>
<td>13.7%</td>
</tr>
<tr>
<td>Fri</td>
<td>10.8%</td>
</tr>
<tr>
<td>Sat</td>
<td>13.0%</td>
</tr>
<tr>
<td>Sun</td>
<td>17.1%</td>
</tr>
</tbody>
</table>
Number of dreams per day of the year (30-day moving average, last 10 years)
Correlations

- Alcohol: 12.3%
- Sport: -1.8%
- Sex: -2.0%
The more I sleep, the more I dream.

Number of dreams per sleep hour brackets (variance to the mean):

- 10h-12h: 34%
- 9h-10h: 5%
- 8h-9h: 2%
- 7h-8h: 4%
- 0h-7h: 23%
Beware inertia

22% more chance to have 0 dream at night if I had 0 dream the night before
56\% 

more chance to have 3 dreams at night or more

if I had 3 dreams or more the night before

Surf the momentum
Surf the momentum

Running streaks (>=1 dream nights) and number of dreams (50-day moving average)
Adding goal-setting into the mix

How
Until April 13th, 2013:

“Write down all the dreams I can remember each night”
From September 10th, 2012:

“Remember (and write down) at least 1 dream per night on average”
Wow, setting goals work!

Introduction of a quantified goal
Aim high and forget safety nets

What (learn)

Quantified goal only

0.73 1.78 2.11
Email from Ernesto