



Why Do **We**
Forget Some Dreams,
While Others Stay?

You dream every night, yet by the time you're brushing your teeth — poof! they're gone.
Ever wonder why?

This post dives into the science behind it.

We'll explore:

What your brain
does during
sleep

Why memory
fails in REM

Why some
dreams stick

And how you can
actually remem-
ber more



Let's decode your sleeping brain.

Most Dreams Disappear Within Minutes



About **95%** of dreams vanish shortly after waking.
Most dreaming happens during REM sleep.

But memory-forming regions of the brain are less active during this phase. That's why dreams rarely get stored like real memories.

Scan the **QR** to better understand **REM** in our post
“**Stages of Sleep.**”





Your Brain Wants You to Forget

MCH neurons become active during **REM** sleep.
Their job? To suppress memory formation.

This helps your brain filter out unimportant information. Since dream content is often chaotic, it gets deprioritized.

Weak Storage System at Night

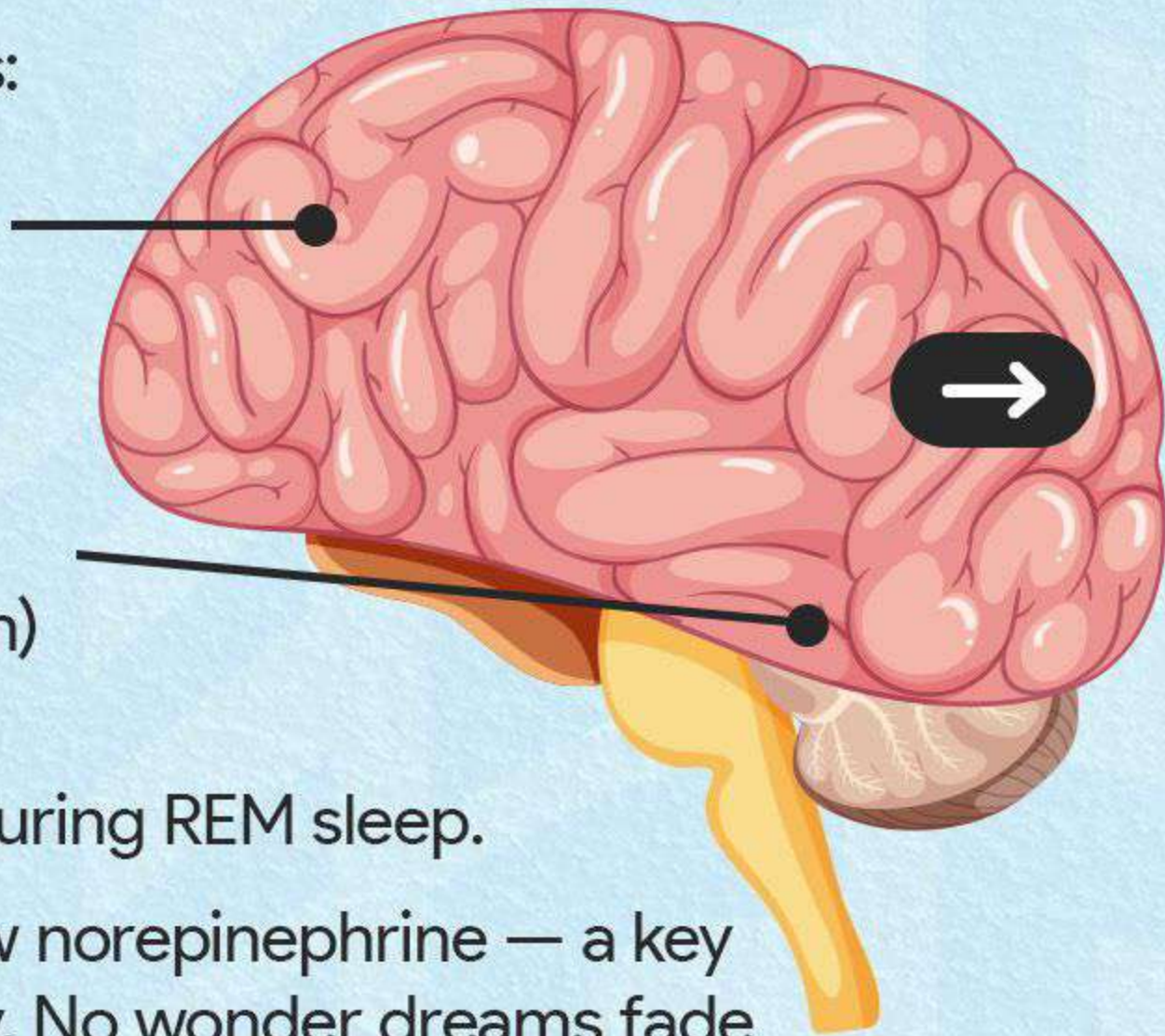
Good memory needs:

Prefrontal cortex

(logic + planning)

Hippocampus

(memory formation)



Both are less active during REM sleep.

Plus, the brain has low norepinephrine — a key chemical for memory. No wonder dreams fade so fast.



Some Dreams Do Stay

- Dreams with strong emotions are easier to recall.
- You're more likely to remember a dream if you wake during or just after **REM** sleep.
- People with high creativity or emotional awareness tend to remember more.
- Light sleepers often retain more dream content too.

Want to Remember More Dreams?



Keep a dream journal next to your bed.



Write your dream the moment you wake up — even small parts.



Before sleeping, set an intention:
“I will remember my dream.”



This builds awareness and trains your brain to focus on dream recall.

Keep in Mind!!

- Dream forgetting is natural — and even protective.
- Your brain filters what's important for your waking life.
- Still, emotional, vivid, or well-timed dreams may stay.
- And with mindful practice, dream recall can improve.



Dreams fade, but knowledge doesn't.

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