







**DREAM**

**SCAPES**

**An exploration of a dream's  
Relationship to reality.**



Copyright: Kat Farah 2022



# TABLE OF CONTENTS

<b>Introduction</b> .....	<b>5</b>
<b>Nightmares</b> .....	<b>7</b>
<b>Premonitions</b> .....	<b>11</b>
<b>Lucid Dreams</b> .....	<b>15</b>
<b>Fantasy Dreams</b> .....	<b>19</b>

# WHAT IS DREAMSCAPES?

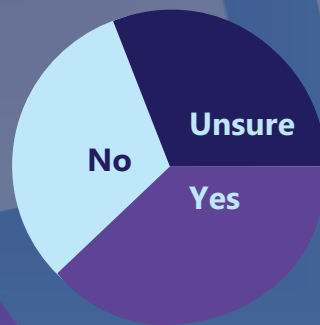
**Although we may not know much about how our dreams can effect our physical health, we do know a great deal about how our own dreams can impact our personal mental state.**

Dreamscapes is an exploration into different types of dreams and how they relate to a person's reality. It will focus on nightmares, supernatural dreams, lucid dreams, and fantasy dreams. It will also touch on common motifs an individual may see in different types of dreams and

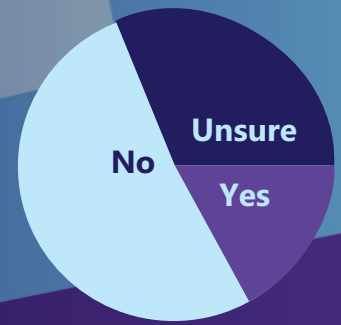
if it motivates their decision-making. Dreams are a mental enigma that not many people understand, but through this experiment we can see into the human mind and decipher what dreams may mean and how we can understand their purpose a little better.

## GENERAL DEMOGRAPHICS

Before the illustrations in this series were drawn, around 120 participants were asked to fill out a survey about their own dreams. All responses are completely anonymous.

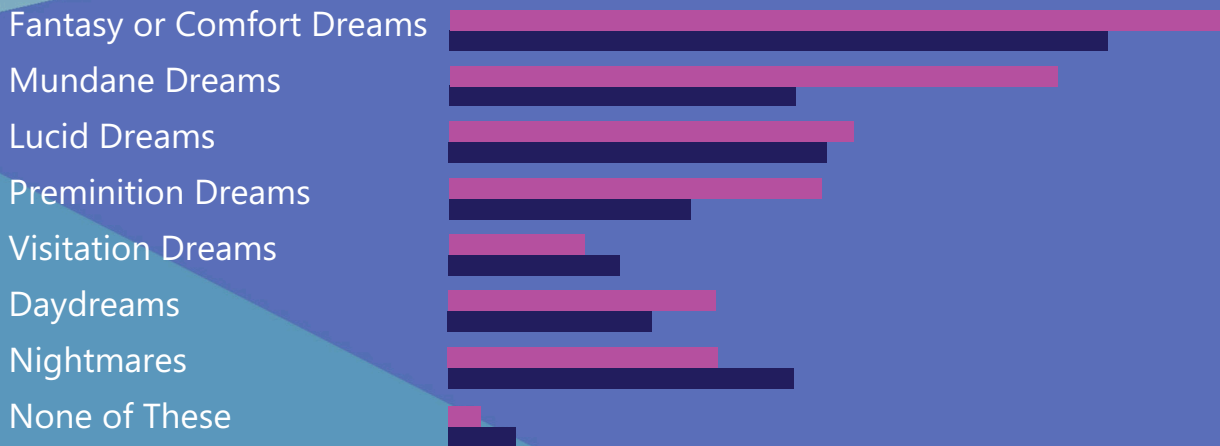


**Who often has recurring dreams?**



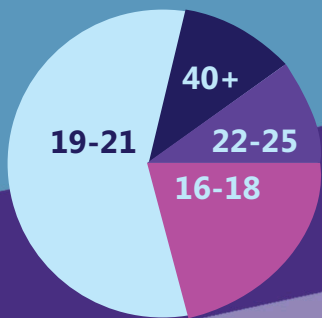
**Do dreams influence decisions?**

- What dreams do you tend to have more of?
- What dreams do you tend to remember more of?



51%

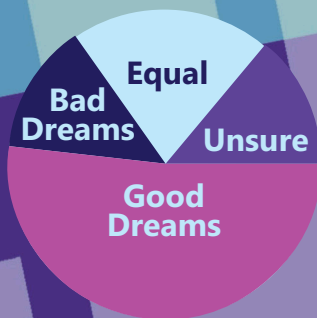
Suffer from insomnia or sleep paralysis. 3% preferred not to answer.



Age (years)

73%

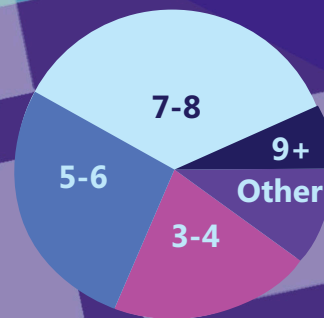
Suffer from anxiety or depression. 10% preferred not to answer.



Which is more common?

97%

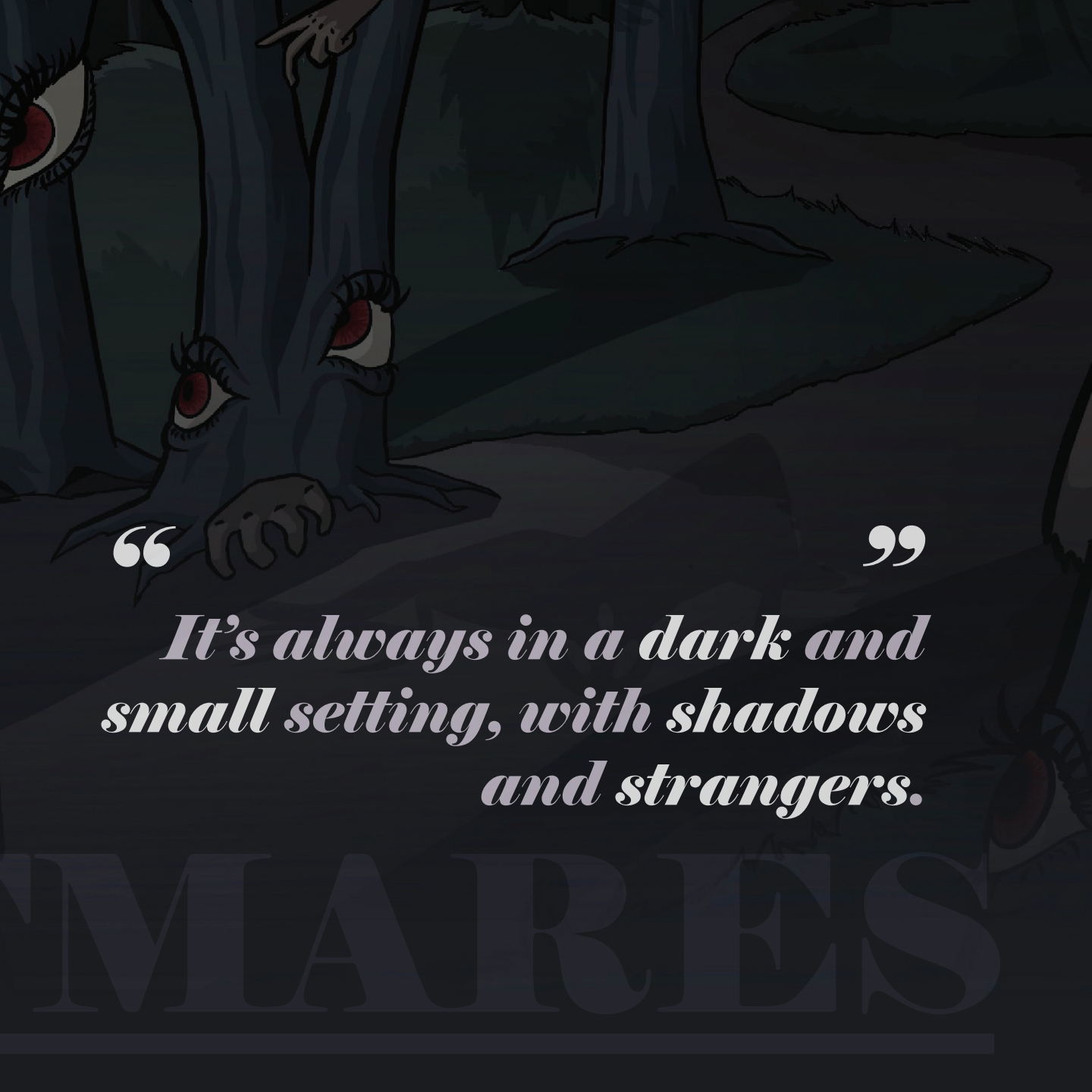
Typically have dreams in color instead of black and white.



Hours of sleep per night



# NIGHTMARE



“

”

*It's always in a dark and  
small setting, with shadows  
and strangers.*

WIMARIES





# Nightmares can be defined as “Very unpleasant experiences or prospects.”

It is common for a person to associate their nightmares to trauma they may have had in the past. Many studies show that people will often see their greatest fears.

While there is an endless amount of different types of nightmares, there are many motifs people share throughout their nightmares.

# 28%

**Have nightmares more than any other kind of dream.**

# 35%

**Remember their nightmares more than any other dream.**

## SOME PEOPLE SEE

- Teeth falling out
- Melting faces
- Dirty shoes
- Being chased
- Dark forests
- Smog and pollution
- Dark figures
- Loss of loved ones
- Gore

- Face coverings
- Natural disasters
- Broken things
- Dolls
- Insets
- Watching eyes
- Sharp weapons
- Lanky hands

- Stairs that lead to nothing
- Snowy weather
- Non concent
- Open caskets
- Horror media figures
- Rooms with no doors
- Being unable to move
- Signs of danger



PREMIO





“

”

*I travel to so many different places and meet interesting beings and guides*

**VISIONS**



## Premonition dreams can also be known as **supernatural** or **precognitive** dreams.

Premonition dreams are significantly less common than fantasy dreams or nightmares. Although there is very little scientific evidence stating that premoni-

tion dreams can actually predict the future, they are known for causing a sense of déjà-vu in most of the dreamers.

# 31%

**Of the survey takers have experienced precognitive dreams.**

# 49%

**Let their premonition dreams affect their decision-making.**

## SOME PEOPLE SEE

**"Sometimes you can have dreams of things that will happen. They are more like mundane moments not linked to decision making."**

**"They do not affect my decision making, because I usually disregard them as extensions of my chaotic mind."**

**"I have had dreams in which I have seen and talked to dead loved ones. That has only happened 3 times to my memory. I really truly want to believe they were real, but I'm not sure."**



“

”

*It's like bring the ruler of my own reality, even in the most mundane tasks.*

# LUCID





# DREAMS

## A lucid dream is a the instance in which the dreamer is aware they are dreaming.

When people are asked about lucid dreaming, they often associate them with being in **complete control** of the narrative or situation in which the dream takes

place. However, this is **not necessarily the case**. If the dreamer is **aware** that they are dreaming, the dream is a **lucid dream**.

**13%**

Commonly **have lucid** dreams and **remember** them.

**21%**

Were **unsure on** what lucid dreams actually were.

## SOME PEOPLE SEE

"A lot of people say that their lucid dreams have these **crazy stories** because they know they're dreaming, but mine are of pretty **mundane actions**."

"I think I remember these more often than my other dreams."

"I don't have these a lot, but when I do they can get pretty crazy. I can **control things to a degree** but I **can't really remember** what actually happens."







*I go to **similar places** in my sleep. I also receive the same visitors, such as **star beings**.*

# FANTASY





**DREAMS**

# Fantasy dreams are just as one would imagine; dreams that give the dreamer joy.

Fantasy dreams are the most common dream type that dreamers may come across. Many people often see their favorite characters and other objects or

people that give them joy. These, are often the dreams that people remember the most about.

# 79%

**Have good dreams more than any kind of dream.**

# 65%

**Remember their good dreams more than any other dream.**

## SOME PEOPLE SEE

Flowers  
Loved ones  
Great nature locations  
Pleasant experiences  
Power animals  
Angels  
Guardians  
Pop culture references  
Comfortable locations  
Normal life

Significant others  
Magic actions  
Fantasy based objects  
Nonsensical scenery  
Friendship  
Romance  
Fun  
Spies  
Heroes  
Very clear and clean areas

Surreal environments  
Impossible situations  
Art  
Success  
Crafting items  
Glass  
Circular Windows  
Water  
Reflections







