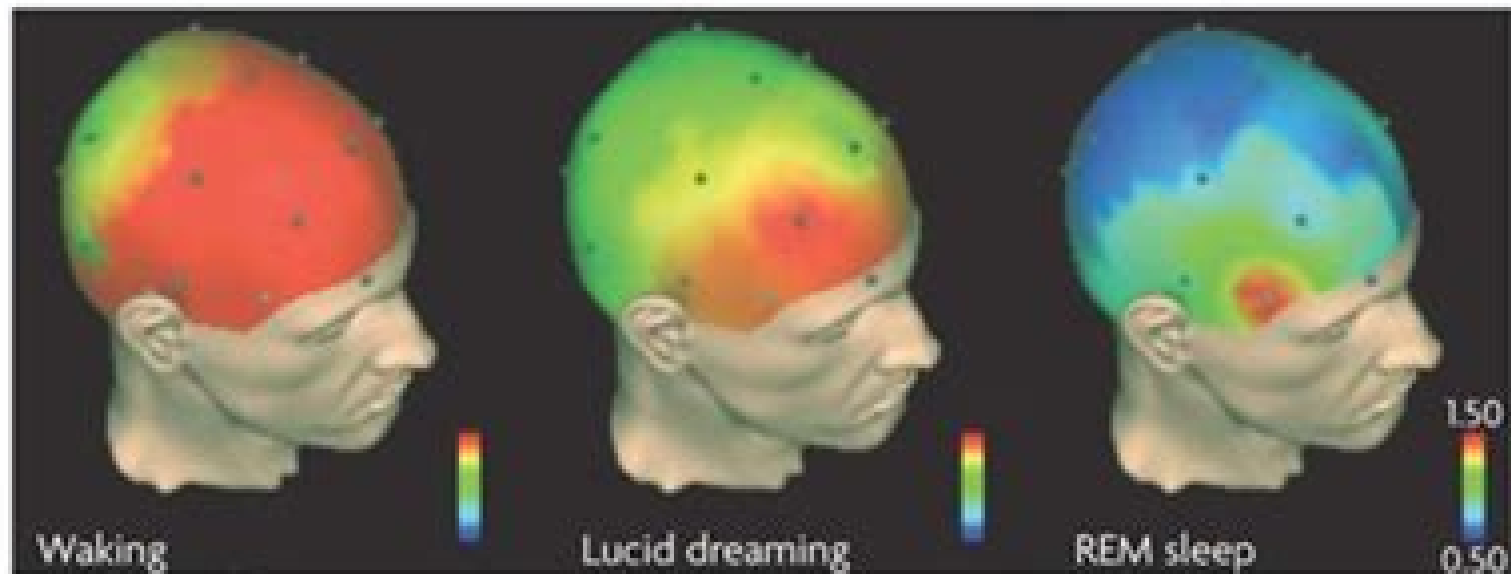


Comparison of brain activity in patients: while awake, lucid dreaming and during REM sleep

b



Activated
Deactivated

REM sleep: Rapid eye movement sleep, usually occurring in approximately 90-minute cycles.

Sleep On It The Practical Side Of Dreaming The Practical Side Of Dreaming

Rachel S Tattersall



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