

In A Nutshell
September 2019
Dreams

Some people remember vivid dreams; some swear they cannot remember dreaming at all. Some dream in black and white; most people dream in color. However, one thing is for sure, everyone dreams. Dreams are successions of images, ideas, emotions, and sensations that occur usually involuntarily in the mind during certain stages of sleep. The content and purpose of dreams are not definitively understood, though they have been a topic of scientific speculation, as well as a subject of philosophical and religious interest, throughout recorded history. So, my question is: Do you ever dream that you are free of MS symptoms? From a [dream diary](#) (see Just For Fun below) a study featuring 15 paraplegic volunteers (aged 22 to 84 years), recruited from a military hospital and a care home for people with motor disabilities, recorded their dreams for 6 weeks and French researchers compared the content with similar diaries kept by age-matched, able-bodied control participant. The disabled participants experienced dreams about walking twice as often as they had dreams featuring their paraplegia. Activities like running, cycling, swimming and driving featured equally often in the dreams of both groups. How do people with paraplegia dream of walking if it's something they've never experienced or haven't done for years? Mirror neurons are stimulated during the day by the sight of other people performing movements.

Just For Fun

Why don't you keep a [dream diary](#) and let me know how many dreams you have where you are free of your disability symptoms.

https://multiplesclerosisnewstoday.com/columns/2019/08/22/i-was-dreaming-that-i-was-walking/?utm_source=Multiple+Sclerosis&utm_campaign=0f78136374-RSS_US_EMAIL_CAMPAIGN&utm_medium=email&utm_term=0_b5fb7a3dae-0f78136374-71589013

<https://digest.bps.org.uk/2011/11/17/paraplegics-walk-in-their-dreams/>

https://www.answers.com/Q/Does_a_paralyzed_person_have_normal_dreams