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Subject: Sounds In Dreams

Posted by [Nymeria](#) on Mon, 06 May 2013 14:43:25 GMT

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I didn't turn the stereo off last night so I got to hear all kinds of music and commercials while dreaming. It made for even odder dreams than normal!

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Subject: Re: Sounds In Dreams

Posted by [timron](#) on Tue, 07 May 2013 22:40:28 GMT

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When I was in high school, I was attached to my headphones and used to fall asleep listening to them all the time. I know exactly what you're talking about when you say you had some odd dreams!

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Subject: Re: Sounds In Dreams

Posted by [LuvMartin](#) on Wed, 08 May 2013 03:10:41 GMT

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I have never been a big fan of listening to music as I fall asleep, but I always wondered if your dreams would have a soundtrack. I have fallen asleep with the tv on and dreamed that I was in the show!

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Subject: Re: Sounds In Dreams

Posted by [Nisha](#) on Tue, 02 Jul 2013 14:20:21 GMT

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My theory is as follows: Our bodies (ears) detect the music while we are asleep and send this signal to the brain (as usual), but because a different part of the brain is active while the body is sleeping, the music is processed in the subconscious mind and ends up as part of a dream (if the dream state is active at that stage).

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