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## WHY IS IT SO DIFFICULT TO REMEMBER OUR DREAMS?

Difficulty recalling dreams has been linked with various factors, such as attitude (if you're more interested in dreams you're more likely to recall them). Research also suggests that women can typically recall slightly more dreams than men.

The way that our memory works also means that we need to wake up while a trace of the memory remains. This could mean that those who sleep soundly are less likely to remember their dreams than those who wake regularly.

If you want to improve your dream recall, don't rush to start the day. Instead, wake slowly and before doing anything else, think about whether you've been dreaming and what you dreamt about. Jotting down the details in a sleep diary can also help. In one study published in *The Journal of Creative Behavior*, a group of participants who were specifically asked to record dreams in a daily log recalled more dreams than the control group who were instead asked to log vivid memories from the previous day. **AG**

