

EXTENDING THE ACCEPTED THINKING ON DREAMS

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Abstract

Adding to Freud's approach by introducing "Homo Nocturnus" and "Homo Diurnus", considering a sleep-dream binomial and understanding the dream content as the result of an active intention influenced by each personal history, dreams could ensure health-disease homeostasis. Dream images are seen as a means to face otherwise unbearable, interchangeable and powerful emotions. The elaboration of this emotional dream content could significantly contribute to therapy in severe physical conditions.