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Almost all of us have experienced dreams, and there are so many different kinds of dreams, too. Those that feel real and those you know are influenced by something you've seen or read. But why do we dream? What do our dreams mean? Freud once stated that dreams were the route to our subconsciousness. Since then, it's become a popular pastime to try and analyze our dreams. After all, there are common themes that crop up from time to time for all of us. 1. Falling Have you ever drifted off to sleep and then felt yourself falling, which jolts you awake again? The significance of a dream in which you or someone else you know is falling usually symbolizes insecurities and a loss of control. Often, our waking minds can repress our true feelings, which then come out when we go to sleep. You could be falling from a roof, a cliff, or an airplane, but it's not where you're falling from that matters. If you dream of falling, you could be lacking stability or are unsure of something in your waking life. DrGrounds / Getty Images Alot Health > Wellness

When we sleep, our minds aren't resting. In fact, our brains are as active as they are while we're awake. During this time, it could be analyzing the way you feel and things that have happened to you. All of this can turn into dreams - at least, that's what recent research has discovered. Researchers have suggested that our dreams are our brains' way of communicating. Of course, it doesn't just flash a neon sign in your dream, although that would certainly be convenient. Instead, you get dreams that stick out. Sometimes, these dreams can be downright odd. Don't worry! Your teeth aren't actually going to fall out. Instead, you're feeling something that your subconscious brain is trying to communicate. You're not alone. Researchers have discovered that we share the same dreams and the meanings behind those messages. If you're wondering what your brain is trying to say, here are 30 common dreams and what they might be trying to tell you! Animals can symbolize habits. If you are gleefully playing with a basket of puppies, you are likely satisfied with your daily routine. However, if a big bad wolf is chasing you, there may be some destructive habits you need to work on. Depending on what the animals are doing, it could also mean different things. Animals can also symbolize an untamed part of yourself, and fighting with an animal could mean that you're rejecting a part of yourself that needs to be dealt with. If you're trying to save the animal, then the dream could mean you feel inadequate in some way or you feel overwhelmed. If you keep having the same dream over and over again, it is a sign that something is nagging your subconscious. It's time to give your subconscious and brain a listen! Specific aspects of your recurring dream may be important, especially if there's some recent stress in your life that you think isn't affecting you. However, other times, it could just be your brain shouting, "Hey you! Pay attention!" And most of the time, it's worth your while to try and decipher what your subconscious is trying to tell you—figure out what's bothering you before it gets so bad that your dreams become a reality! Some of the worst dreams are the ones that aren't exactly nightmares but leave you feeling embarrassed when you wake up. We're talking about the dreams that remind you of something from the past or ones where you make a total fool of yourself. No one likes those dreams, right? This type of dream could signify stress or unhappiness. It could also signify feelings of disappointment or failure, a lack of self-confidence, or insecurities you have about work, school, or another aspect of your life. If it happens time and time again, it's time to approach the issue head-on for a better night's rest. It's perfectly normal to find friends and family in your dreams, but it can be confusing when you stumble upon an acquaintance. This may mean that someone made an impression on you and could become important to you in the future. Dreams are funny things. Apparently, those who study dreams have found a few things out. Experts have found that if you see someone in your dream, you've seen the face at some point in your life. It could be a well-known celebrity you watch all the time, loved ones that have passed on, or your siblings. Maybe seeing the person in your dream means you've seen too much of them on TV or you're thinking about them! Strangely enough, a romantic encounter in your dream isn't as straightforward as it seems. If you're dreaming about intimacy, you could actually want a psychological connection with someone. You may feel disconnected with your partner. Have you ever had a dream where you're sitting on your front porch and a bird lands next to you at the same time a car drives by, then you actually experience that in real life? It could mean that you are worried about the future. One unusual but common dream that people have is losing their teeth. Watching body parts decay can bring to light your fear of aging. This dream can help you pinpoint your fears and possibly help you overcome them. Some researchers claim that falling is a huge red flag from your subconscious mind. It means that you're having a major life problem. This could involve work, relationships, or anywhere in your life. It usually comes because you feel as though things are out of control somewhere in your waking life. It can be the worst feeling in the world to wake up from a dream where you were forced to witness the suffering of a loved one. It can mean that you are feeling some guilt when it comes to your relationship with this person. These types of dreams can reveal your heart's deepest desires, whether you want to be rich or travel the world. This is great! Once you know your dreams, you can chase them! Nothing is worse than dreaming about your partner cheating, mostly because you wake up mad or sad without having a real-life reason for it. Turns out, you may have a reason for feeling this way. A dream like this notes a lack of trust in your relationship. Thankfully, it isn't a precursor to anyone being unfaithful. Water-related dreams can be pretty scary. You may be lost somewhere in the middle of the ocean, or maybe you're drowning. Water-related dreams you're feeling overwhelmed or unsupported somewhere in your life - either by your loved ones, friends, or at work. Some people have dreams where they commit a crime. When they try to cover it up, a whole host of other dream-crimes come to the surface. This could mean that there's a problem inside yourself that you need to address before you have a meltdown. If someone dies in your dream, it can symbolize a part of you changing. While in the dream, determining how this person passed away can help you come to terms with if the change in yourself is welcomed or forced upon you. Dreaming about pregnancy is a sign that you may want to become a parent, but it could mean something more. It could also mean that you're looking for a creative project or something new to do in your life. Flying in a dream is extremely freeing - unlike many of the others on this list. Your dream could be encouraging you to let go of issues and let things fall into place que sera, sera style. That's a dream we can get on board with. Quitting your job is a really literal dream. It means that you're ready to move on and find something new. There could be several reasons behind this dream but the meaning is clear. Did you finally meet a celebrity only to find yourself waking up without your phone in your hand for a selfie? Well, you're the culprit of another message. If you've been bingeing a certain music or movie star, they could show up in your dream for this reason. Others believe that it could mean something deeper, like you may not feel recognized or appreciated in life. (Image via Pinterest) Some people find themselves driving their own car in their dreams, and this can tell you about the state of your health. If your car is in pristine condition, you're probably physically and mentally fit. If you find that your car is run down, it may be time to schedule a checkup. You may have a dream where you find yourself making peace with people you've had disagreements with. This could be a signal that you feel bad about how things ended and some part of you wants to repair the relationship. Maybe you just went to bed hungry, but it could be something deeper. Food symbolizes energy, knowledge, or nourishment. So, when you dream about food, you could be longing for more knowledge or insights. If you find yourself dreaming about being chased, you may have some insecurities. You could be worried about what people think about you at work, how people will react to new developments in your life or anything else that gives you anxiety. Nothing is more stressful than a test, and dreaming about taking a test is even worse. Perfectionists may have this dream quite a bit. It reminds a person to stay alert. This dream could also come from someone who has recently graduated. Others believe that these dreams mean you're under a lot of pressure, something which isn't uncommon if someone is in school. You may find yourself dreaming about making a huge scientific discovery when you're only a lowly, undergraduate research assistant. This kind of dream can serve as an inspiration for you and may even show you the steps you need to take to make that dream a reality! You're late, you're late for a very important date! White rabbit, aside, being late can cause some to panic. This dream could mean that you feel overwhelmed. Lateness in a dream could also mean you feel as though you're making promises that you can't keep. Are you in a room without any doors or windows? Your brain is telling you that you may need a fresh approach to your life or a change. If you can't switch up something major, it wouldn't hurt to go on holiday for a bit. If you're having dreams about demons, whether you're the demon or not, it could mean that you secretly feel as though you should change your behaviors. Your subconscious is telling you that you're worried about your behaviors as of late. Being paralyzed is one of the scariest things that can happen to someone in a dream. Dreaming about paralysis could indicate that you feel as though you have a lack of control in your waking life. Sleep paralysis can occur at the moment between REM sleep and the waking stage of sleep. Dreaming about empty rooms is fairly common. It usually comes about when you need to get back in touch with yourself. The empty room symbolizes discovering a new or neglected part of yourself. It's often a skill or talent you're not utilizing in your waking life. Have you ever woken up in a dream to find yourself completely nude? If you feel at ease in your birthday suit, it could mean that you are comfortable in your own skin. However, if you are scrambling to find something to cover up with, it could be that you are vulnerable and not completely satisfied with who you are right now. Author Alot Health Team Last Updated: March 04, 2021 Those on the physiology side of the "why we dream" argument see dreams as only nonsense that the brain creates from fragments of images and memory. For centuries, however, people have looked at their dreams as both omens and insights into their own psyches. Many think dreams are full of symbolic messages that may not be clear to us on the surface. But, if we dig deeper and think about what is going on in our lives, we can usually come up with an interpretation that makes sense. Let's look at the most common dream themes and how dream experts interpret them.Common Dream Themes and Their InterpretationsBeing naked in publicMost of us have had the dream at some point that we're at school, work or some social event, and we suddenly realize we forgot to put on clothes! Experts say this means:We're trying to hide something (and without clothes we have a hard time doing that).We're not prepared for something, like a presentation or test (and now everyone is going to know -- we're exposed!).If we're naked but no one notices, then the interpretation is that whatever we're afraid of is unfounded. If we don't care that we're naked, the interpretation is that we're comfortable with who we are.FallingYou're falling, falling, falling... and then you wake up. This is a very common dream and is said to symbolize insecurities and anxiety. Something in your life is essentially out of control and there is nothing you can do to stop it. Another interpretation is that you have a sense of failure about something. Maybe you're not doing well in school or at work and are afraid you're going to be fired or expelled. Again, you feel that you can't control the situation. Being chasedThe ever-popular chase dream can be extremely frightening. What it usually symbolizes is that you're running away from your problems. What that problem is depends on who is chasing you. It may be a problem at work, or it may be something about yourself that you know is destructive. For example, you may be drinking too much, and your dream may be telling you that your drinking is becoming a real problem.Taking an exam (or forgetting that you have one)This is another very common dream. You suddenly realize you are supposed to be taking an exam at that very moment. You might be running through the hallways and can't find the classroom. This type of dream can have several variations that have similar meanings. (Maybe your pen won't write, so you can't finish writing your answers.) What experts say this may mean is that you're being scrutinized about something or feel you're being tested - maybe you're facing a challenge you don't think you're up to. You don't feel prepared or able to hold up to the scrutiny. It may also mean there is something you've neglected that you know needs your attention.FlyingMany flying dreams are the result of lucid dreaming. Not all flying dreams are, however. Typically, dreaming that you are flying means you are on top of things. You are in control of the things that matter to you. Or, maybe you've just gained a new perspective on things. It may also mean you are strong willed and feel like no one and nothing can defeat you. If you are having problems maintaining your flight, someone or something may be standing in the way of you having control. If you are afraid while flying, you may have challenges that you don't feel up to. Running, but going nowhereThis theme can also be part of the chasing dream. You're trying to run, but either your legs won't move or you simply aren't going anywhere -- as if you were on a treadmill. According to some, this dream means you have too much on your plate. You're trying to do too many things at once and can't catch up or ever get ahead.Your teeth falling outMany people have dreams that they lose all of their teeth. In this dream, they may feel something strange in their mouth and then spit teeth into their hand, eventually losing all of their teeth. According to some, our teeth are related to our sense of power and our ability to communicate. Losing our teeth not only makes us embarrassed by our appearance, which hinders our communications, but it also lessens our power because we may not speak our minds. It's also associated with feelings about our appearance.

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