

# How has the COVID-19 pandemic affected our dreams?

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The COVID-19 pandemic has strongly impacted our sleep and dream activity. In a recent study published in the *Journal of Sleep Research*, people had a higher number of awakenings, a harder time falling asleep, higher dream recall, and more lucid dreams during lockdown than after lockdown.

People also reported more dreams related to "being in crowded places" during post-[lockdown](#) than lockdown.

For the study, 90 adults in Italy recorded their dream experiences and completed a sleep-dream diary each morning.

"Our results... confirmed that both [sleep](#) and dream measures showed critical differences between lockdown and post-lockdown periods," the authors wrote.

**More information:** Serena Scarpelli et al, The impact of the end of COVID confinement on pandemic dreams, as assessed by a weekly sleep diary: a longitudinal investigation in Italy, *Journal of Sleep Research* (2021). [DOI: 10.1111/jsr.13429](https://doi.org/10.1111/jsr.13429)

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