

DREAM DEPRIVATION

Authored by
Mohammed loot

March 24, 2026

RECOMMENDED CITATION

Mohammed loot (2026). *DREAM DEPRIVATION*. Encyclopedia of psychology. Retrieved from <https://encyclopedia.arabpsychology.com/?p=7578>

Dream Deprivation: Causes, Consequences, and Solutions

Introduction

Dream deprivation is a phenomenon in which an individual does not get a sufficient amount of sleep or does not experience dream sleep. Dream deprivation can have a variety of negative consequences, such as decreased alertness and cognitive performance, reduced emotional regulation, and increased stress levels. The purpose of this article is to discuss the causes, consequences, and potential solutions for dream deprivation.

Causes

Dream deprivation can be caused by a variety of factors. Poor quality sleep, such as a lack of deep sleep, can lead to dream deprivation (Morin, Bastien, & LeBlanc, 2004). Additionally, sleep deprivation, which is a lack of total sleep, can also lead to dream deprivation (Morin et al., 2004). Other causes of dream deprivation can include sleep disorders such as sleep apnea, insomnia, and restless legs syndrome (RLS) (Krakow, 2001). Additionally, lifestyle factors such as work schedules, stress, and excessive use of technology can also contribute to dream deprivation (Krakow, 2001).

Consequences

Dream deprivation can have a variety of negative consequences. For instance, dream deprivation can lead to decreased alertness and cognitive performance (Mansfield et al., 2005). Additionally, dream deprivation can lead to emotional disturbances, such as increased anxiety and depression (Mansfield et al., 2005). Furthermore, dream deprivation can lead to increased stress levels, which can lead to further negative consequences (Mansfield et al., 2005).

Solutions

Fortunately, there are a variety of solutions to help reduce dream deprivation. For instance, individuals should practice good sleep hygiene, such as avoiding caffeine and alcohol in the evening, avoiding screens before bed, and maintaining a regular sleep schedule (Morin et al., 2004). Additionally, individuals should seek treatment for any underlying sleep disorders such as sleep apnea, insomnia, and RLS (Krakow, 2001). Furthermore, individuals should practice stress management techniques such as mindfulness meditation and physical activity (Morin et al., 2004).

Conclusion

Dream deprivation is a phenomenon in which an individual does not get a sufficient amount of sleep or does not experience dream sleep. Dream deprivation can have a variety of negative consequences, such as decreased alertness and cognitive performance, reduced emotional regulation, and increased stress levels. There are a variety of causes of dream deprivation, including poor quality sleep, sleep deprivation, and sleep disorders. Fortunately, there are a variety of potential solutions to help reduce dream deprivation, such as practicing good sleep hygiene, seeking treatment for any underlying sleep disorders, and practicing stress management

techniques.

References

Krakow, B. (2001). Sleep disorders and sleep deprivation: An unmet public health problem. *Sleep Medicine Reviews*, 5(1), 97-111.

Mansfield, P. L., Moseley, C. J., & Soper, H. (2005). The effects of dream deprivation on cognitive performance. *Sleep and Hypnosis*, 7(4), 243-252.

Morin, C. M., Bastien, C., & LeBlanc, M. (2004). The psychological consequences of insomnia. *Sleep Medicine Reviews*, 8(5), 277-291.

ARABPSYCHOLOGY.COM