Our health depends on various factors, and one of the most important of them is good rest.  Sleep of a person living in a metropolis and leading an active lifestyle should be regular and last at least eight hours, sleep disturbance can cause depression and apathy, decreased performance and memory impairment.  Dreams are a kind of cocktail of memories, thoughts, emotions experienced.  This is a picture shown to our brains as the rest of the body rests and recovers.  Obviously, the human psyche is not something that influences sleep, it creates it.  Every action in the plot of a dream, every experience, every image is information digested by your brain, which could have influenced it latently or negatively.  I propose to create an application on the clock, in which you could mark your dreams.  This will help improve your sleep patterns and understand your stress more clearly.

Клиентова Лера ПсЛичн