



# REM Illumination Memory Consolidation

*Timothy J Walter MD*

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## **REM Illumination Memory Consolidation** Timothy J Walter MD

This is not a book about dream interpretation. This is a book about why we dream. This is not a dream dictionary that defines what each object in a dream is supposed to represent. This is a book about some amazing recent research that is beginning to tell us at least one of the reasons as to why we dream: Sleep is crucial for the storage of new memories and for their incorporation into the matrix of all our previously existing memories. Although the average person may not remember a dream every night, or even rarely remember one at all, we all spend an average of one and a half to two hours a night in REM sleep dreaming. While we sleep our brains are very busy formulating complicated dreams with twists and turns and seemingly nonsensical details. We dream for a reason: to consolidate memory. As a sleep medicine physician and neurologist, I am a true believer that your most valuable asset is your consciousness. If your consciousness is not optimized, you are not living your life to its full potential. You are not enjoying all of the people and all of the things to the extent that you could. Optimizing your consciousness means being as awake, alert, and as intelligent as possible. I spend every day trying to educate patients about what is going on with them medically. I try to take a patient's complicated medical diagnoses and translate it into plain English, so that any patient with almost any level of education can understand what is going on inside their body. In writing this book I have tried to do the same thing for what we have learned about the importance of sleep and memory. Having a good memory is important to all of us. Which one of us would not like to be more intelligent than we are right now?

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A lot of people always spent their own free time to vacation or maybe go to the outside with them household or their friend. Do you realize? Many a lot of people spent they will free time just watching TV, or perhaps playing video games all day long. If you want to try to find a new activity here is look different you can read any book. It is really fun for you. If you enjoy the book that you simply read you can spent the whole day to reading a guide. The book REM Illumination Memory Consolidation it is extremely good to read. There are a lot of people who recommended this book. They were enjoying reading this book. When you did not have enough space to develop this book you can buy typically the e-book. You can m0ore effortlessly to read this book from a smart phone. The price is not to cover but this book features high quality.

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The reason? Because this REM Illumination Memory Consolidation is an unordinary book that the inside of the book waiting for you to snap this but latter it will distress you with the secret it inside. Reading this book next to it was fantastic author who have write the book in such remarkable way makes the content inside of easier to understand, entertaining way but still convey the meaning completely. So , it is good for you because of not hesitating having this any more or you going to regret it. This phenomenal book will give you a lot of benefits than the other book have got such as help improving your talent and your critical thinking means. So , still want to delay having that book? If I had been you I will go to the reserve store hurriedly.

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Playing with family in the park, coming to see the water world or hanging out with close friends is thing that usually you will have done when you have spare time, subsequently why you don't try issue that really opposite from that. I activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love REM Illumination Memory Consolidation, it is possible to enjoy both. It is good combination right, you still want to miss it? What kind of hang type is it? Oh can happen its mind hangout folks. What? Still don't understand it, oh come on its identified as reading friends.

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