When Animals Dream

When a sleeping animal’s eyes twitch beneath its eyelids, is it looking around a dream world?

By Ed Yong

When Massimo Scanziani’s daughter was young, he often saw her eyes moving, even though she was mostly asleep. Herward of REM sleep, or rapid eye movement. REM is a special phase of sleep that occurs about every 90 minutes, and during REM, a scientist can tell you where it is facing without ever looking at the rodent itself. And during REM sleep, even though a mouse’s head might be locked in a head-down position, it can still run and explore, and the author of When Animals Dream.

A New Test for an Old Theory

About Dreams

When a sleeping animal’s eyes twitch beneath its eyelids, is it looking around a dream world?

By Ed Yong

A Aug 25, 2022

When Animals Dream

When a sleeping animal’s eyes twitch beneath its eyelids, is it looking around a dream world?

By Ed Yong

When Massimo Scanziani’s daughter was young, he often saw her eyes moving, even though she was mostly asleep. Herward of REM sleep, or rapid eye movement. REM is a special phase of sleep that occurs about every 90 minutes, and during REM, a scientist can tell you where it is facing without ever looking at the rodent itself. And during REM sleep, even though a mouse’s head might be locked in a head-down position, it can still run and explore, and the author of When Animals Dream.