

DID YOU KNOW?

- ❄ Every human **dreams**.
- ❄ Your body becomes **paralyzed** during dream sleep - likely to prevent you from acting out your dreams.
- ❄ **Narcolepsy** is a neurological disorder involving the loss of the brain cells regulating the proper sleep/wake/dream cycle.
- ❄ **Symptoms** of narcolepsy: excessive daytime sleepiness, loss of muscle tone with emotions (cataplexy), vivid hallucinations and the inability to move upon waking.
- ❄ **1 in 2,000** people have narcolepsy, including many young children.
- ❄ Narcolepsy lasts a lifetime and quality of life compares to **epilepsy** and **Parkinson's disease**.

More narcolepsy info: julieflygare.com

Having Visions of Sugar Plums?

Interpreting Your Holiday Dreams

- ❄ To dream of seeing or eating **candy** (like Sugar Plums) symbolizes the joys and the special treats in life.
- ❄ To dream of **giving a gift** signifies your generosity towards others.
- ❄ To dream of **receiving a gift** indicates being rewarded for your generosity. Analyze the gift for additional insight.
- ❄ To see a **snowflake** in your dream represents purity and uniqueness.
- ❄ To see or ride on a **snowmobile** in your dream indicates taking advantage of opportunities available while they last.
- ❄ To see **Santa Claus** in your dream indicates that you need to be more giving or accepting.
- ❄ To dream that Santa Claus is **attending your wedding** highlights the jolly occasion.

(Source: Dreammoods.com)

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