IF I COULD INVENT SOMETHING NEW.

An inventor is who creates new things, especially one who designs new processes, appliances or machines; one who makes inventions. An invention is something that has never been made before.

If I could invent something new I would invent a dream recorder. A dream recorder is a device that uses a sophisticated interface that connects it directly to the human brain. The technology used when inventing a dream recorder is an electroencephalography(EEG) sensor conveniently placed on the user's head. The device can read and map the brain activity the REM (Rapid Eye Movement) sleep phase where most dreams occurs.

An electroencephalography (EEG) is a medical test used to measure the electrical activity of the brain. It is also the measurement of electrical activity in different parts of the brain and it's recordings in visual trace.

The advantages of a dream recorder are, it allows you to express and process emotions that you are experiencing in your dream that may be causing stress or anxiety in your life. Dreams may often tap into deaf sealed emotions like anger, stress or sadness. Recording your dreams allow you to process and release the emotions in a safe and controlled way.

The disadvantages of a dream recorder are, it may disconnect us from our lives thinking about it. We can confuse our dream with reality. It is good to record your dreams because it improves our emotions and mental health. Writing down our dreams can help us to reduce stress, anxiety and depression.