

What is a Wet Dream?

A **wet dream** is when a person ejaculates (releases semen) during their sleep, often accompanied by a sexual dream. This is also known as a *nocturnal emission*.

Who Experiences Wet Dreams?

Wet dreams usually happen to teenage boys during puberty, but adult men can experience them too. It is a normal part of sexual development.

Why Do Wet Dreams Occur?

- During puberty, the body starts producing more sexual hormones like testosterone.
- This causes the body to create semen in the testes.
- If a boy or man doesn't ejaculate while awake, the body sometimes releases semen during sleep.
- Wet dreams are the body's natural way of managing this process.

Are Wet Dreams Harmful?

No, wet dreams are completely natural and harmless. They do not cause any physical harm, and they are not a sign of illness or anything bad.

What Should You Do if You Have Wet Dreams?

- Understand that wet dreams are normal and nothing to worry about.
- Practice good hygiene, such as changing underwear and washing regularly, to stay comfortable.
- If you have questions or concerns, talking to a trusted adult or healthcare professional can help.

Summary

Wet dreams are a natural part of growing up and a sign that the body is functioning as it should. They are normal and do not require any special treatment.