

Things To Know About Wet Dreams

Wet dreams may begin between 13 to 17 years in boys.



Girls may experience wet dreams too, but less often than boys, and it may not be as obvious.

One cannot control the occurrence of wet dreams, and it is completely natural.



A nocturnal ejaculation need not always occur due to a sexual dream.

They may become less frequent as one grows older.



Wet dreams do not indicate an underlying illness or issue.

References:

1. Adolescent development; Medline Plus
2. You Asked It: Do Girls Get Wet Dreams? Mount Sinai Adolescent Health Center
3. True or False Game; USAID
4. All of your questions about wet dreams answered; Healthy Male
5. What's the deal with erection, ejaculation, and wet dreams; Planned Parenthood