Daydreaming may be a sign of creativity, but researchers reveal that daydreaming too much can be a sign of mental illness. Studies coined the term maladaptive daydreaming where the individual can no longer function productively as they are trapped in a state of fantasy.

People who suffer from maladaptive daydreaming are often caught in a state where their excessive fantasy interferes with their daily function. Researchers warn of the warning signs about daydreaming too much, as it can actually be a sign of mental illness.

Sara Waite, who struggles with excessive daydreaming, opened up about her condition. She mentioned that daydreams would affect her normal state as it creates unrealistic scenarios of the world around her.

It makes me get attached to people in an unrealistic way. It’s awkward when real people, who are also characters in my daydreams, treat me different than they do in my dream world,” Waite stated as she described maladaptive daydreaming during her interview with the CNN.

Waite then added that she fears that she could not get any help as her condition seems unrealistic. She then came across an online community who shared her struggles. It was when she realized that that daydreaming too much can be a sign of a mental illness.

Eli Somer is the lead researcher of the study and the person responsible for the term maladaptive daydreaming. Somer and his team conducted a small study regarding excessive daydreaming as they continue to find ways in coming up with a concrete cure of therapy for the condition.

“This is not like rehearsing a conversation that you might have with a boss,” he said. "This is fanciful, weaving of stories. It produces an intense sense of presence. Research conducted shows that we have a valid disorder that is measurable, that is stable and is unique and can be differentiated very clearly from normal daydreaming.”

It is still an ongoing debate as to whether the condition is still a valid medical condition as raising awareness for maladaptive daydreaming seems slow due to the low numbers of patients. Detailed information about maladaptive daydreaming is provided by the Health Guide.