

Read the text and answer the questions.



Dreams

Humans are not the only living beings who dream. Animals dream as well. The best example is a dog; you can see them twitching their paws as if they are running in their dreams.

Everybody dreams every night. Only within five minutes since you get up, an average person's dream is forgotten.

But no one knows for sure why we dream; perhaps our mind processes our emotions or tries to resolve some issues. Dreams reflect our emotions, desires, hopes, fantasies, our fears. Dreams relate to experiences we have during the day.

We dream during the s.c. *REM stage of sleep*. (your eyes move around rapidly under your eyelids). REM sleep happens 90 minutes after you fall asleep. During that stage your breathing becomes faster and your heart rate increases. Your brain is active during that stage. However, while we dream, motor neurons aren't stimulated, so we can't move our muscles. This state is called *REM atonia*.

We dream for an hour or two per night. In addition, you can have 4 to 7 different dreams in one night. Men and women dream differently. However, some dreams are remembered and others are not. You tend to forget 90% of your dreams.

It is believed that there is some symbolism in our dreams. However, the same dream can be interpreted in different ways. Some common themes that people dream include falling off a cliff, being chased, or appearing in public naked.

Some people have nightmares from time to time. Most likely, they are a reaction to stressful life.

Some experts believe that we dream to consolidate our memories; others claim that dreams give us an opportunity to sort out our emotions. Dreaming is part of a normal sleep process and that you need it to fully recharge.

1. Do animals dream? - _____
2. What stage of sleep do we dream? _____
3. Is sleeping and dreaming necessary for us? _____
4. Can one have different dreams in one night? _____
5. Do we dream every night? _____
6. What can cause nightmares? - _____
7. Can you move your muscles while you dream? _____