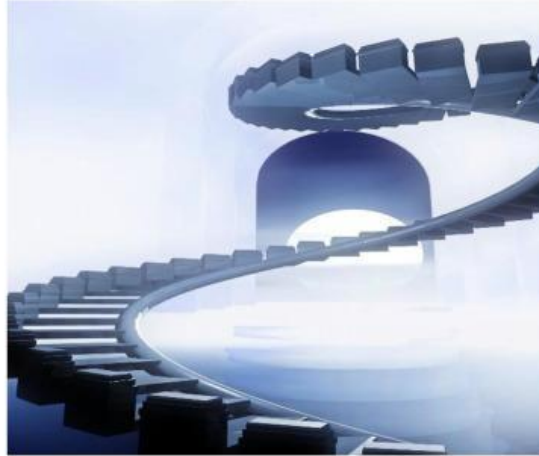


Listening comprehension – DREAMS

Watch the following video then do the exercises :



Multiple choice

1. Who wrote a dream book with interpretations of common dreams?

a) Mesopotamian kings b) ancient Egyptians c) Sigmund Freud

2. In which century did Sigmund Freud propose that our dreams have symbolic meanings?

a) 18th b) 19th c) 20th

3. When did researchers find that people could navigate a maze more easily if they had dreamed about it?

a) 2010 b) 2011 c) 2012

4. How many times better at completing the maze were those who had dreamed about it?

a) 5 times b) 10 times c) 15 times

Sentence completion

5. The reverse learning theory maintains that while sleeping, and especially during REM , your brain gets rid of unnecessary neural connections.

6. The continual activation theory proposes that dreams are the result of creating -

7. Your dreams may be similar to a computer so your brain doesn't shut down.

8. We might dream of dangerous situations so we can practice our instincts.

Short answer

9. During which stage of sleep are stress neurotransmitters less active in the brain?

10. People with mood disorders or PTSD have difficulty doing what?

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11. By dreaming, you can create limitless scenarios in your mind to help you formulate what?

12. Sometimes, the best solution to a problem is what?

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