Reading
Controlling your dreams



Read the gapped text and insert the missing pieces. There are 2 extra variants you don't need to use.

Would you like to fly, travel back in time or 1) _____? For some people, this is possible — but only while they are asleep! People who are 'lucid dreamers' can control their dreams and decide where they will go and 2) _____.

People have always been interested in the idea of controlling dreams. We know that our brains work in a different way while we are asleep, and it is thought that Einstein used his dreams to think about ideas in situations so that 3) _____.

So, is it possible to learn how to control dreams? It seems the answer is yes. A method which works for some people is to write down what they want to dream about 4) _____. Think about it as you fall asleep, and if you're lucky, 5) _____!

Keeping a dream journal, or dream diary, 6) _____ lucid dreaming. When you write down your dreams, you're forced to remember what happens during each dream. It's said to help you recognize dreamsigns and enhance awareness of your dreams. For best results, log your dreams as soon as you wake up. It's also recommended to read your dream journal before going to bed.



A are also possible ways;
B what they will do in their dreams;
C before they go to bed;
D to find solutions to his problems;
E he could be more creative;
F be a celebrity for a day;
G is another popular method for initiating;
H you might have the dream you want.