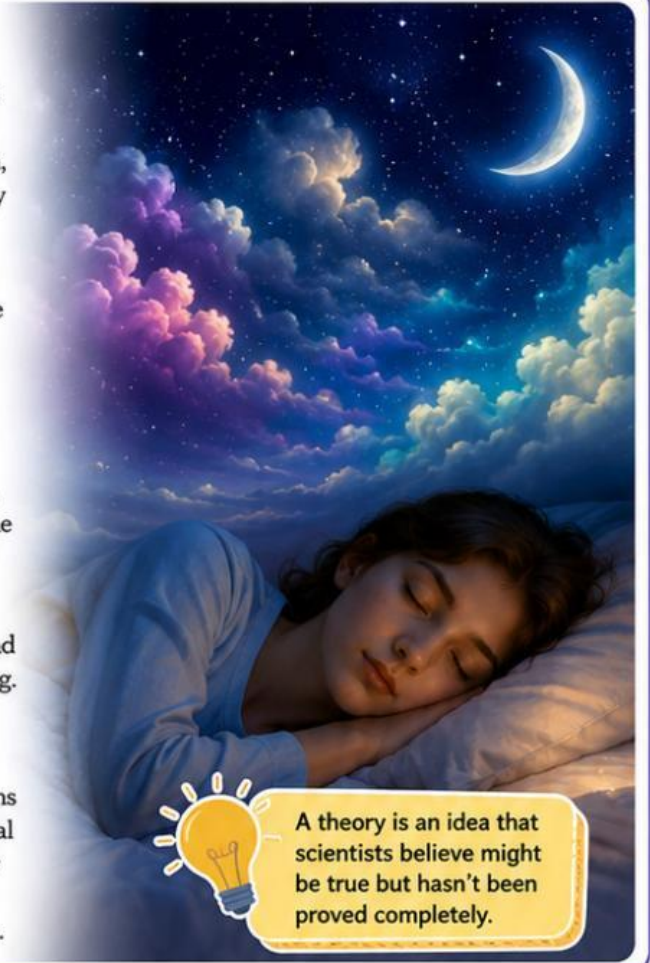


Why Do We Dream?

- 1 Have you ever woken up after a strange dream and wondered what it meant? People have asked this question for thousands of years. Although scientists have learned a lot about the brain, they still do not fully understand why we dream. However, they have developed several interesting ideas.
- 5 One popular theory is that dreams help the brain organize memories. During sleep, the brain reviews information from the day and decides what is important to remember. This process may explain why people sometimes dream about places they visited or conversations they had earlier.
- 10 Another theory suggests that dreams help people deal with emotions. For example, someone who feels nervous before an important exam might dream about being late or forgetting the answers. These dreams may help the brain process stress and prepare for real-life situations.
- 15 Dreams can also improve creativity. Many artists, writers, and scientists have said that they found new ideas while dreaming. In some cases, people woke up with solutions to difficult problems that they could not solve during the day.
- 20 Although researchers continue to study dreams, many questions remain unanswered. Scientists agree that dreaming is a normal part of healthy sleep, but they are still discovering exactly how dreams affect memory, emotions, and creativity. Until then, dreams will continue to be one of the brain's greatest mysteries.



A theory is an idea that scientists believe might be true but hasn't been proved completely.



Answer the following questions.

- 1 Why have people been interested in dreams for a long time? (Lines 1–4)

- 2 According to one theory, what happens while we sleep? (Lines 5–9)

- 3 Why might someone dream about an important exam? (Lines 10–14)

- 4 Mention two ways dreams may help people. (Lines 5–19)
1. _____
2. _____
- 5 What do scientists still not know about dreams? (Lines 20–24)

Read the passage carefully and answer the questions.

Choose the correct answer.

- 6 What does one theory say dreams help organize? (Lines 5–9)
a) Time
b) Memories
c) Language
- 7 According to the passage, dreams may help people... (Lines 10–14)
a) become taller.
b) process emotions.
c) sleep fewer hours.
- 8 Who has sometimes found new ideas through dreams? (Lines 15–19)
a) Athletes only
b) Artists, writers, and scientists
c) Teachers only
- 10 What does the word **process** mean in the passage? (Lines 10–14)
a) Ignore
b) Understand and deal with
c) Forget

True (T) or False (F)?

- 9 1. ___ Scientists completely understand why people dream. (Lines 1–4)
2. ___ Dreams may help the brain remember important information. (Lines 5–9)
3. ___ Dreams are always meaningless. (Lines 20–24)
4. ___ Some people have solved problems after dreaming. (Lines 15–19)
- 11 Do you think dreams are important? Why or why not? Use ideas from the passage.

