

# Why do we dream?

A) Watch the video and choose the correct answer:

1. What is the scientific study of dreams called?

Polysomnography

Oneirology

2. What is the name of the stage when dreams and electrical activity in our brains occur?

REM

NON-REM

3. What is one the chemicals blocked during REM sleep?

serotonin

adrenaline

B) Answer the following questions:

1. What do you understand by lucid dreaming?

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2. How does not being able to achieve REM sleep affects mice as well as human beings?

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3. What does the unconscious part of our brain do while we sleep?

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4. What does it mean that dreams are epiphenomenon?

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5. According to some researchers what's the primary purpose of dreams?

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