

THE
MEANING
OF

DREAMS



- 1 Did you have any good dreams last night?

Dreams come from the part of the brain that **contains** memories, thoughts, and **emotions**. You dream during a **stage** of sleep called REM.¹ You can have up to six dreams a night, and each dream usually lasts from 10 to 40 minutes.

- 5 Whether or not people remember dreams **depends** on the **individual**. Some people remember many of their dreams while others do not.

But what do your dreams mean? Alan Siegel is a scientist who studies dreams. "Dreams help us get in touch with our deeper feelings," he says. "They can tell us a lot about ourselves, and may even help us figure out² problems."

- 10 Here are a few common dreams.

Dream 1: You Meet Someone When You Are Wearing Your Pajamas (or Nothing at All!)

This dream may be the result of an embarrassing³ **event** in your life. Your brain is trying to help you deal with⁴ the event.



- 15 **Dream 2: You're Flying**

This is a good **period** in your life. You may feel that other people look up to you as a leader.



Dream 3: You Didn't Study for a Test

- 20 This means you are under **pressure**. You are worried about a **major** event in the future. If you're not **prepared** for the event, your dream could be telling you, "It's time to get to work!"



¹ **REM** (Rapid Eye Movement) is a stage of sleep when people dream.

² If you **figure out** a solution to a problem, you succeed in understanding it.

³ If something is **embarrassing**, it makes you feel shy or ashamed.

⁴ If you **deal with** a problem, you try to do something about it.

□ Reading Comprehension

A. Multiple Choice. Choose the best answer for each question.

- Main Idea 1. What is the main idea of the reading?
- Everyone has dreams, but not everyone remembers them.
 - Dreams come from only one part of the brain.
 - Most people don't know what their dreams mean.
 - Dreams can help us to understand ourselves and our feelings.
- Detail 2. Which of the following will you probably NOT have?
- a dream that lasts 15 minutes
 - a dream that lasts 25 minutes
 - a dream that lasts 40 minutes
 - a dream that lasts 60 minutes
- Paraphrase 3. In line 8, another way to say *get in touch with* would be _____.
- talk to
 - remember and then forget
 - stay away from
 - connect with and understand
- Detail 4. According to the passage, which of the following is true about dreams?
- If you dream you're wearing no clothes, something embarrassing probably happened to you.
 - If you dream you are flying, this is probably a difficult time in your life.
 - If you dream you didn't study for a test, you are probably not getting enough sleep at night.
 - If you dream you didn't study for a test, then you have nothing to worry about.
- Paraphrase 5. In line 17, another way to say *look up to you* would be _____.
- are careful when they're with you
 - think good things about you
 - like to talk to you
 - dream about you

B. Classification. Five people are describing an experience. Which dream from the passage will each person probably have? Write each answer (a–e) in the correct space (1–3).



- "I have to finish this paper tonight! If I don't hand it in on time, I'll get a bad grade!"
- "I felt terrible. I fell on the stairs, and everyone laughed at me!"
- "My life is great! I don't have any problems, and I'm really happy!"
- "Everyone else was wearing the right clothes. I just came in jeans and a T-shirt!"
- "The concert is in two days, and I haven't had much time to practice my violin!"