Read the article. Choose the correct answer.



Dreams

Dreaming is an experience common to all humans, regardless of culture and age. Research shows that even infants dream. In fact, an infant spends more time dreaming than an adult. Newborns will spend 80% of their time in REM sleep. This is the type of sleep in which dreams occur. Adults, however, only dream about 90 minutes each night. That means that almost six years of our lives is spent in a dream state from the time we're born until the time we die.

Although everyone dreams, most people don't remember their dreams. Did you know that you'll forget 50% of the content of your dreams five minutes after you wake up? And after ten minutes you'll lose 90% of the content of your dreams. For those who want to remember more of their dreams, scientists recommend leaving a dream journal beside your bed. Then, immediately write about your dreams when you wake up.

People who are blind also dream. If they were blind since birth, they won't have visual images in their dreams. However, vision is not the only sense we experience during a dream. We also hear, smell, and even have the sensation of touch in our dreams.

Studies show that our brains are busier when we're dreaming than when we're awake. Researchers, however, don't know exactly what our brains are busy with during REM sleep. Studies do show that the most common setting or place of our dreams is our very own home.

If nightmares wake you up from a good night's sleep, apparently you're not alone. The English roots of the word *nightmare* mean a spirit who comes at night to destroy our dreams.

It's also interesting to note that research suggests that when you snore, you're not dreaming. Of course, it's safe to say that when you're snoring, the person in bed next to you isn't dreaming either!

LIVEWORKSHEETS

1. Newborn infants will spend most of their time _____.
A. with their eyes open
B. in waking sleep
C. in REM sleep
D. crying

2. All total, a person will spend _____ in their dreams.
A. six years
B. six months
C. 50% of their life
D. 90 minutes of their life

3. A person will forget _____ of their dreams after being awake 10 minutes.
A. 10%
B. 20%
C. 50%
D. 90 %

4. A blind person _____ dream.
A. isn't able to
B. won't be able to
C. is able to
D. don't want to

5. We _____ in our dreams.
A. only are able to see
B. are able to see and hear
C. only are able to see, hear, and smell
D. are able to see, hear, smell, and touch

6. Our brains are busier _____.
A. at night in dreams
B. during the day at work
C. before lunch
D. before we go to sleep

7. _____ is the most popular location in dreams.
A. The beach
B. A person's home
C. A good restaurant
D. Outside

8. People don't dream when they _____.
A. are snoring
B. are in REM sleep
C. are blind
D. are tired

LIVEWORKSHEETS