

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?

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

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

4. What does it mean that dreams are epiphenomenon?

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