

Experimental Senior-High School of Patras

**English course
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What are dreams?

- Stories and images our mind creates while we sleep. They can make you feel happy, sad, or scared. And they may seem confusing or perfectly rational.

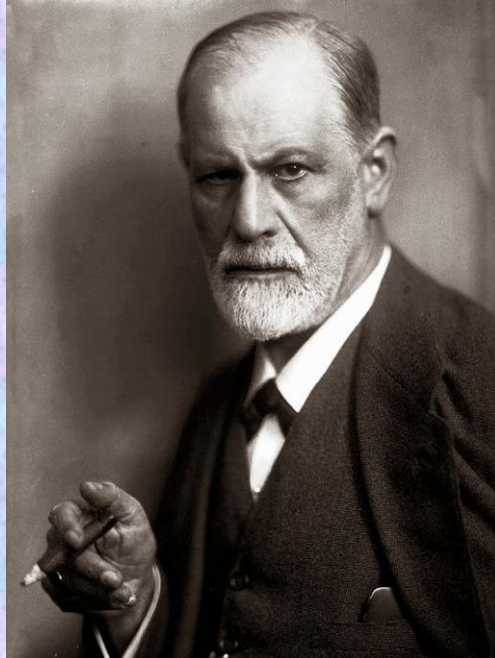


When dreams occur?

- Sleep is divided into five stages.
- In the fourth stage, most dreaming occurs. Our heart rate and breathing get faster. Blood pressure goes up and the brain starts to work but the body does not.

Theories of dreaming

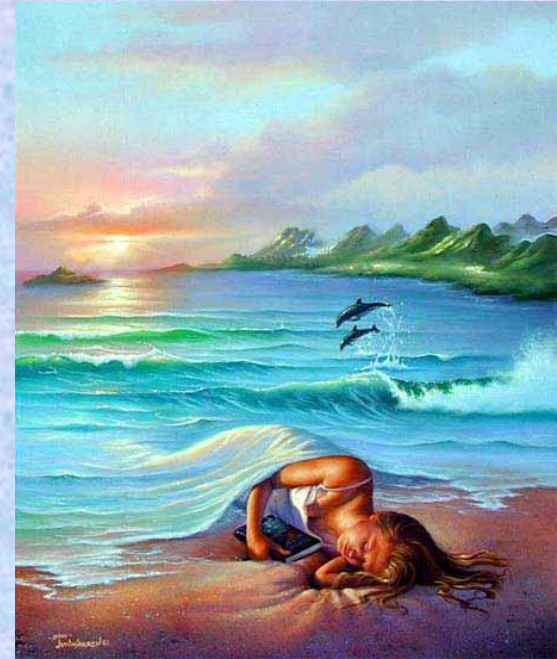
- Sigmund Freud: *subconscious* is the part of our brain where we keep our desires and wishes and in dreams we act them out.
- Others believe that they are just strange stories that don't relate to normal life.



Nightmares and lucid dreams

Nightmares are dreams caused by:

- ❖ Stress, conflict, and fear
- ❖ Trauma
- ❖ Emotional problems
- ❖ Medication or drug use
- ❖ Illness



Lucid dreams are dreams where you knew you were dreaming during your dream. Some lucid dreamers are able to influence the direction of their dream.

8 Interesting Facts about dreaming

- People forget 90% of their dreams
- Blind people also dream
- In our dreams we only see faces that we already know
- Not everybody dreams in colour
- People can have four to seven dreams in one night.
- Animals Dream Too
- Men and Women Dream Differently
- If you are snoring, then you cannot be dreaming.

Sources

- <http://www.webmd.com/sleep-disorders/guide/dreaming-overview>
- <http://www.english-online.at/science/dreaming/dreams-and-how-they-work.htm>
- <http://www.medicalnewstoday.com/articles/297625.php>
- <http://www.boredpanda.com/15-interesting-facts-about-dreams-dreaming/>