

What are dreams?



Dreams are mysterious things. On average, we dream for about two hours every night.

That's six years over the course of our life! But even with all the miracles of modern science, there's still a whole heap we don't know about how and why they happen. That hasn't stopped people speculating though.

Ancient Egyptians believed dreams were messages from the gods, sent to specially chosen people as they slept.

In Ancient China, dreams were thought to be journeys taken by souls, which could leave someone's body when they were asleep.

Even nowadays, there are books for decoding the meaning behind your dreams. But there's no proof behind those stories. So, let's find out about the science behind our dreams.

Dreaming mostly takes place while we're in the deepest stages of sleep and our brain activity increases. It's called the "Rapid Eye Movement Phase", or REM for short. In this stage, our brain activity increases and can mimic being awake. In fact, when we dream about faces, the part of our brain involved in facial recognition lights up. And when we look around in our dreams, our brain acts like it would if we were looking around when we're awake!

Evidence suggests dreaming is also an important part of how we form memories and could improve our ability to problem-solve when we're awake.

As for where the content of our dreams comes from, well, nobody really knows!

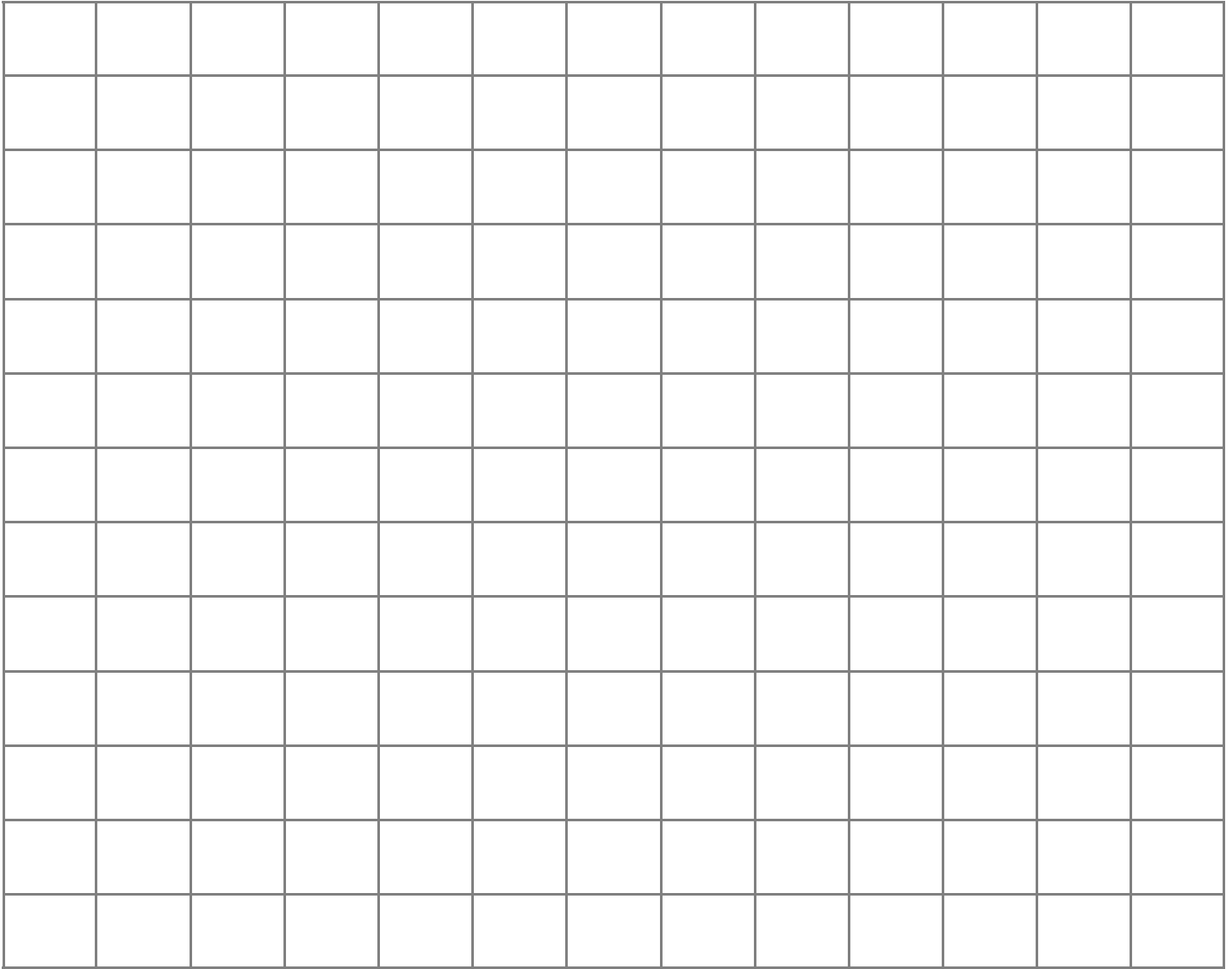
A dream dictionary might tell me my dreams have special meanings. But while that's a cool idea, it's not really backed up by science. It's more likely that dreams are just a mish-mash of our random thoughts and feelings.

That's a little bit about what happens in our brains when we dream - but it's basically a mystery why we dream about the things that we do!



Name:

My Word Search



Grapes Spelling Learning from Home

	Week 1	Week 2	Week 3
Visual	compare	could	decade
	computer	council	decimal
	contain	country	defend
	correct	custom	depend
	cough	cycle	design
Phonological	mouldier	cord	moisture
	boulders	scorch	royal
	remoulded	porch	quoit
	shouldered	gorge	spoil
	should've	abort	joyful
Morphemic	elves	appendices	buying
	hooves	syllabi	copying
	wolves	fungi	emptying
	lives	larvae	burying
	selves	bacteria	delaying
Etymological	relay	encircle	aerobatics
	refund	circa	aeronautical
	reread	semicircular	visor
	equate	semi-solid	visit
	equalise	disseminate	visitation
Extension	implicit	jocular	marzipan
	infallible	junction	massage
	inquisitor	kestrel	matador
	insipid	luncheon	medallion
	intrinsic	luscious	mongoose