

WORDS

- act out** = to show your feelings through actions
- ancient** = old
- blood pressure** = the power with which blood travels through your body
- brain** = the organ inside your head that controls how we move, feel and think
- course of history** = as time goes on, through the ages
- desire** = what we want badly
- divide** = separate
- emerge** = come up
- explanation** = to find out why something happens
- heart rate** = the number of times a person's heart beats every minute
- inactive** = something does not move or work
- increase** = to go up
- movement** = the action of moving
- occur** = happen
- rapid** = fast
- regard** = to look at as ...
- relax** = rest
- rhythmic** = regular
- sign** = symbol, signal
- slow down** = to become weaker
- stage** = phase, part
- subconscious** = the part of your mind that has thoughts and feelings that you do not know about

Dreams are pictures, sounds and feelings that happen during sleep. In the **course of history** people have had many **explanations** for dreams. In **ancient** Greece dreaming was thought to be a kind of contact with the gods. Sometimes they were **regarded as signs** of what may happen in the future.



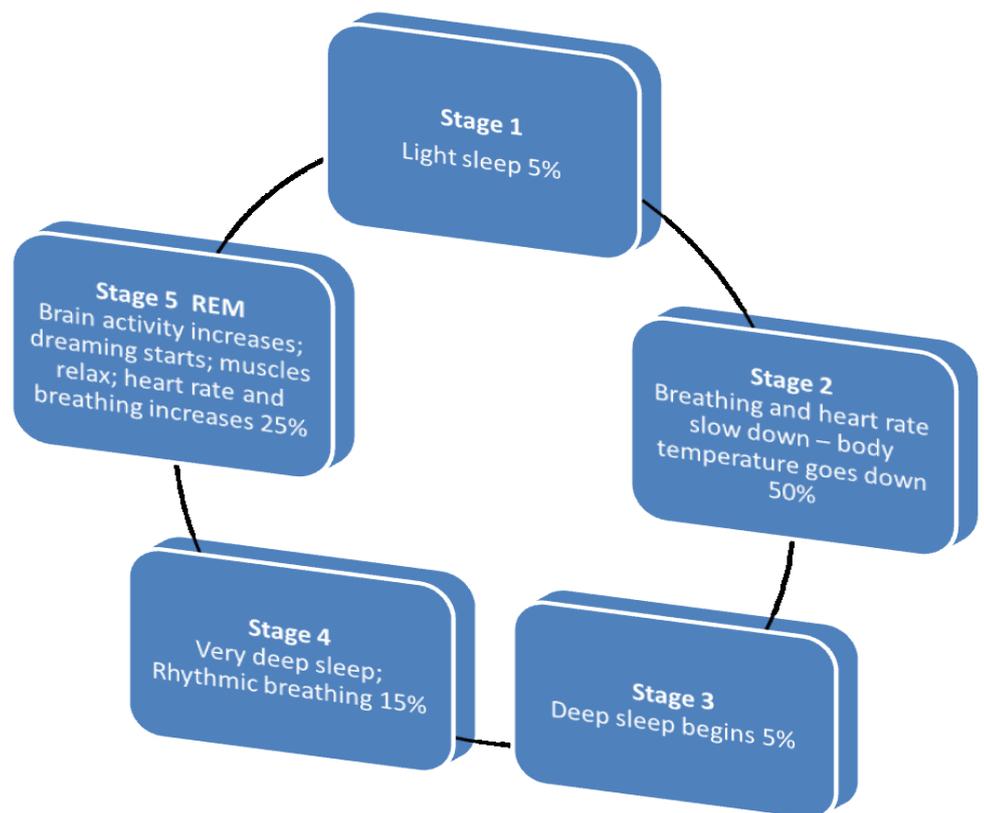
THEORIES OF DREAMING

Over the past many dream theories have **emerged**. The most famous expert on dreaming was Sigmund Freud, an Austrian doctor . At the end of the 19th century he found out that a part of our **brain** is the **subconscious** . Our mind keeps everything that we might want but cannot have there. It is a place where we keep our **desires** and wishes . In dreams we **act out** these wishes.

DREAMS AND SLEEP

Our sleep is **divided** into five **stages**. In the first stage we do not sleep very deeply and we wake up easily. During the following stages our sleep gets deeper and deeper. After the fourth stage REM (**Rapid Eye Movement**) sleep begins. During this phase our **heart rate** and breathing gets faster . **Blood pressure** goes up and the **brain** starts to work but the body does not . That is why we don't act out our dreams because the body is **inactive**.

Most dreaming **occurs** in this phase. There can be up to seven such REM phases in one night .



WORDS

- brain** = the organ inside your head that controls how we move, feel and think
- cause** = lead to
- chase** = to run after someone
- deal** = manage , live with
- electroencephalograph** = machine that records the electrical activity of your brain
- experience** = feel, go through
- fail** = to be unsuccessful, not to pass
- frightening** = terrible, horrible
- image** = picture
- intense** = strong
- lucid** = clear
- measure** = to find out how big or how fast something is
- message** = meaning
- naked** = without any clothes on
- occur** = happen
- out of control** = a situation that you cannot change
- popular** = well-known
- realize** = understand
- repeat** = to happen over and over again
- repress** = if you do not allow yourself to think about something; to hold something back
- solve** = explain, answer, work out
- strong-willed** = you really want to do something that you have planned
- success** = when you achieve what you really wanted or have planned
- suddenly** = unexpectedly, abruptly
- therapist** = someone who is trained to help you if your body or mind is in a bad situation
- treatment** = cure

WHAT HAPPENS IN DREAMS

Dreaming is an activity of the **brain**. It produces electrical waves which can be **measured** with an **electroencephalograph**. Dreams **occur** when brain waves are especially fast.

Everyone dreams. If you think that you never dream, you are wrong . Most of the time we cannot remember our dreams. Theorists say that we dream mostly about the thoughts and wishes that we **repress**. Others say that if dreaming is not so **intense** it is difficult to remember them anyway. Another reason may be that dreams are never the same , they have to be **repeated** in order for us to remember them.



Most people cannot control their dreams , they just happen. Very few people **experience lucid** dreaming. They can control what happens in their dreaming while they are asleep.

Even blind people dream. They may see **images** of events that they have **experienced** before they became blind. On the other hand a person who was born blind does not see pictures in dreams, but they can hear, smell and taste in them.

People often have the same dreams over and over again. They may be events in your life that have **caused** problems which you have not **solved** yet. Nightmares are dreams that are so terrible that you usually wake up. There is medical **treatment** for nightmares . You can go to a **therapist** who tries to find out why you have nightmares and how to **deal** with them.

COMMON DREAMS

Some experts think that dreams are full of symbolic **messages** that mean something which is deep inside us. Here are a few **popular** dreams and how you could interpret them:

- Being **naked** in public
In a dream we sometimes **realize** that we are **completely** naked. This may mean that there is something to hide.
- Falling
Almost everyone has **experienced** falling from a place high up. Then **suddenly** they wake up. This may mean that something is **out of control** and you cannot stop it. It also may mean that you have **failed** in something that you have done, like your work or at school.
- Being **chased**
Many people dream of someone chasing them, a very **frightening** dream. It symbolizes running away from problems that you may have.
- Flying
Flying dreams often mean that you are in control of things. You are very **strong-willed** and can observe everything . It is often a symbol of having **success**.

