

[Read the following text:](#)

Sweet Dreams

Many of us dream, but what do we really know about this phenomenon?

Dreams are stories and images that our minds create while we sleep. They can be entertaining, fun, romantic, disturbing, frightening, and sometimes bizarre. Not everyone remembers their dreams and scientists still aren't sure why some people can remember their dreams easier than others. Although we may not remember dreaming, it is thought that people dream between 3 and 6 times per night.

Kids usually have shorter dreams than grownups with a lot of their dreams being nightmares. Nightmares are distressing dreams that cause the dreamer to feel fear and anxiety. Scientists found that dreams about falling and flying are common for people all over the world. Most people dream in color but some parts of a dream may be in black and white. Some people say that they don't dream in color at all.

We spend about 1/3 of our lives sleeping. The average person spends about six years of their lives dreaming and what goes through our minds just before we fall asleep could affect the content of our dreams.

For example, during exam time, students may dream about their lessons. These observations suggest that elements from the everyday re-emerge in dream-like imagery during the transition from wakefulness to sleep.

It is not only us that dream. Scientists found animals' dreams as well! Apparently, our hairy friends can have flashbacks of events that have happened. Although we may not remember our dreams, everyone has them. At different times of life or during different experiences, our dreams might change. Dreams have fascinated people for so long that cultures like the Native Americans came up with the idea of dream catchers. They usually hang dream catchers above a person's bed, and help to "catch" bad dreams. While there are many theories about why we dream, no one knows for sure. Some researchers say dreams have no purpose or meaning. Others say we need to dream for our mental, emotional, and physical health.

Reading Comprehension

Answer the following questions about the text:

1. Dreams are created by our minds.
 - a. True
 - b. False

2. Everyone remembers their dreams.
 - a. True

b. False

3. Scientists know the exact reason why some people remember their dreams.

a. True

b. False

4. Most people dream between two and six times per night.

a. True

b. False

5. Adults have longer dreams than kids.

a. True

b. False

6. An unpleasant feeling is caused by nightmares.

a. True

b. False

7. People from different cultures share some types of dreams.

a. True

b. False

8. Most people's dreams are colorless.

a. True

b. False

9. Dreams are affected by the thoughts people have before they turn in.

a. True

b. False

10. We don't know for sure if animals dream.

- a. True
- b. False

Vocabulary

(1) Mark the opposites of the following words:

1. Fun

- a. creative
- b. Active
- c. Boring

2. Bizarre

- a. Regular
- b. Strange
- c. Rare

3. Remember

- a. Think
- b. Forget
- c. Remind

4. Usually

- a. Seldom
- b. Now
- c. Often

5. Falling

- a. Going
- b. Collapsing

c. Rising

6. Before

a. Behind

b. Through

c. After

7. Everyone

a. No one

b. Somebody

c. You

(2) Mark the synonyms of the following words:

1. Really

a. Truly

b. Automatically

c. Opposite

2. Story

a. Imagination

b. Report

c. Legend

3. Scientist

a. Doctor

b. Student

c. Researcher

4. Disturbing

a. Annoying

- b. Amazing
- c. Unintentional

5. Anxiety

- a. Feeling
- b. Worry
- c. Happiness

6. Exam

- a. Attempt
- b. Question
- c. Test

7. Fascinate

- a. Teach
- b. Attract
- c. Arrange

Grammar

1. Rewrite the following sentences as PASSIVE sentences:

- a. Our minds create dreams and stories.
- b. Nightmares cause fear and anxiety.
- c. What goes through our minds affects the content of our dreams.
- d. Dreams have fascinated people for a long time.
- e. Native Americans invented dream catchers.

f. People hang dream catchers above their beds.

g. Dream catchers catch bad dreams.

2. Fill in the blanks with either MUST, CAN or SHOULD + the correct form of the verbs in brackets:

a. You _____ (to hang) a dream catcher above your bed if you want to.

b. Dan _____ (to wake up) on time, or else he is in trouble.

c. Jane _____ (to see) a doctor because of her sleeping problems.

d. You _____ (to come) with me to the lecture about dreams. It'll be fun.

e. People _____ (to remember) some of their dreams from time to time.

f. Maya _____ (to sleep) in a noisy environment. It's not a problem for her.