

## Why do we dream? 我們為什麼會做夢?

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詞彙 : *dreams* 夢

There are no clear answers to the question of why we dream, but there are different theories. Dreaming is **extraordinary** and strange: you **hallucinate**, believe impossible things, and people you know may **merge** into one another. And then, to top it off, you will likely forget all about it.

**Memory storage** could be one reason for why we dream. When you are asleep, the brain decides what information you should move to your **long-term memory** and what should be **unlearnt**. In a TED Talk, psychologist Amy Adkins described a 2010 experiment involving participants studying how to get out of a complex 3D **maze**. It was found that they were much better at attempting it if they had had **a nap** and dreamt of the maze.

Another purpose of dreams could be the **processing** of our daily emotions, which may add to emotional memory **consolidation**. In 2003, the Journal of Cognitive Neuroscience published research that experimented with the idea of dreams being a **replication** of our daily lives. **Diary entries** and **dream journals** of 29 healthy young adults over a two-week period were compared, and it was discovered that **emotional themes** from the day were replicated in dreams 35-55% of the time.

Antti Revonsuo, a Finnish scientist, has suggested that dreaming helps us to prepare for and deal with stressful situations. He studied children's **nightmares**, giving an example of being continuously **chased** by wolves. He believes dreams like this **stem from** our **ancestors** and could be a **rehearsal** for daily **struggle** and survival. In modern times, dreams and nightmares may be preparing us for social situations such as having a fight with a friend, going on a date or having a job interview.

With such a variety of theories on why we dream, it seems that more research is needed before we can completely understand their purpose.

### 詞彙表

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**extraordinary**

奇特的，非凡的

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**hallucinate**

產生幻覺

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merge	使合併、融合
memory storage	記憶儲存
long-term memory	長期記憶
unlearnt	忘卻
maze	迷宮
a nap	小睡，打盹
processing	處理
consolidation	鞏固
replication	複製
diary entries	日記
dream journal	夢境日誌
emotional theme	情感主題
nightmare	噩夢
chased	被追趕
stem from	由...造成，源自
ancestor	祖先
rehearsal	演練
struggle	掙扎，奮鬥

## 測驗與練習

### 1. 閱讀課文並回答問題。

1. Why is dreaming described as strange?

2. What does the brain do with memory when you are asleep?
3. True or false? *In a 2010 experiment, participants were better at an activity if they hadn't had a nap.*
4. How did researchers find out that emotional themes from the day could be replicated in dreams?
5. What example of a children's nightmare is given?

2. 選擇意思恰當的單字或片語來完成下列句子。

1. The two companies are planning to \_\_\_\_\_ into one.

hallucinate	merge	process	chase
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2. If you're tired, why don't you take a \_\_\_\_\_?

maze	nap	dream	nightmare
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3. There was a power \_\_\_\_\_ between the two owners of the company.

struggle	replication	themes	memory
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4. Don't wake the baby! She's finally \_\_\_\_\_.

unlearnt	stressful	extraordinary	asleep
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5. His health problems \_\_\_\_\_ an accident he had when he was a child.

deal with	stem from	prepare for	understand
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## 答案

1. 閱讀課文並回答問題。

1. Why is dreaming described as strange?

**Because you might hallucinate and believe impossible things.**

2. What does the brain do with memory when you are asleep?

**The brain decides what information you should move to your long-term memory and what should be unlearned.**

3. True or false? *In a 2010 experiment, participants were better at an activity if they hadn't had a nap.*

**False. Participants were better at attempting to get out of a maze if they had had a nap and dreamt of the maze.**

4. How did researchers find out that emotional themes from the day could be replicated in dreams?

**Participants wrote a diary of the day's events and a dream journal and these were compared.**

5. What example of a children's nightmare is given?

**Being chased by wolves.**

2. 選擇意思恰當的單字或片語來完成下列句子。

1. The two companies are planning to **merge** into one.

2. If you're tired, why don't you take a **nap**?

3. There was a power **struggle** between the two owners of the company.

4. Don't wake the baby! She's finally **asleep**.

5. His health problems **stem from** an accident he had when he was a child.