

The Power of Dreams

Have you ever wondered why people dream? Dreams are like windows to a magical world where anything is possible. In your dreams, you could fly over the tallest mountains, swim with dolphins in the ocean, or even talk to a famous celebrity. While dreams may seem like pure imagination, they are often reflections of our thoughts, emotions, and experiences.

Dreams happen during a phase of sleep called REM (Rapid Eye Movement). Scientists believe that this stage helps the brain organize information, solve problems, and even spark creativity. Some of the greatest inventions and discoveries were inspired by dreams. For example, Albert Einstein is said to have imagined his theory of relativity while dreaming!

But not all of them are enjoyable. Nightmares make us shiver with fear or anxiety. They are very often caused by stress, by fears, and even by some exciting movie before sleep. Nevertheless, even evil dreams can sometimes teach us a lesson about what is really most important to us or help face real-life difficulties.

Did you know you can even control your dreams? This is called lucid dreaming, where you realize you are dreaming and can guide your actions in the dream world. It's like being the director of your own movie! Lucid dreaming takes practice, but many teenagers find it exciting to try.

So, the next time you drift off to sleep, remember that your dreams are not just random thoughts. They are a mix of creativity, problem-solving, and self-discovery. Who knows? Your next dream might just hold the key to your future goals or ideas!

Read the passage carefully and answer the following questions:

1. Dreams are often influenced by:

- A. Strict rules of the brain
- B. Our emotions and experiences
- C. Imaginary situations unrelated to life
- D. External noises around us

2. The REM phase of sleep is associated with:

- A. Body muscle development
- B. Elaboration of the information in the brain

- C. Tachycardia
- D. Body paralysis

3. One of the discoveries that was associated with dreams:

- A. The innovation of the airplane
- B. The invention of the telephone
- C. Einstein's theory of relativity
- D. Newton's discovery of gravity

4. Nightmares often result from:

- A. Too much physical activity
- B. Watching pleasant movies
- C. Facing stressful situations
- D. Oversleeping in the daytime

5. This ability to control the dreams is referred to as:

- A. Vivid dreaming
- B. Active dreaming
- C. Lucid dreaming
- D. Directed dreaming

6. Lucid dreaming has a similarity with:

- A. A set of instructions from someone else
- B. Watching a pre-recorded movie
- C. Being the director of your own movie
- D. Losing all awareness in a dream

7. Dreams can contribute to:

- A. Forgetting daily struggles
- B. Gaining physical strength
- C. Creativity and brainstorming of personal problems
- D. Avoiding nasty situations

8. Most teenagers find the lucid dreams:

- A. Very confusing and not interesting
- B. Scary and unnecessary
- C. Fun and worth attempting
- D. Dangerous and full of risk

9. Nightmares are said to be a time to:

- A. Avoid fears
- B. Know how to deal with personal problems
- C. Forget bad feelings
- D. Overcome physical pain

10. The text encourages the reader to regard dreams as:

- A. Random images without meaning
- B. A way to predict the future
- C. A mix of creativity and self-discovery
- D. A barrier to restful sleep