
词汇: *dreams* 梦

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 **unlearned**. 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.

词汇表

extraordinary	奇特的, 非凡的
hallucinate	产生幻觉
merge	使合并、融合
memory storage	记忆储存
long-term memory	长期记忆
unlearnt	忘却
maze	迷宫
a nap	小睡, 打盹
processing	处理
consolidation	巩固
replication	复制
diary entries	日记
dream journal	梦境日志
emotional theme	情感主题
nightmare	噩梦
chased	被追赶
stem from	由...造成, 源自
ancestor	祖先
rehearsal	演练
struggle	挣扎, 奋斗

测验与练习

1. 阅读课文并回答问题。

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. 选择意思恰当的单词或词组来完成下列句子。

1. The two companies are planning to _____ into one.

hallucinate	merge	process	chase
-------------	-------	---------	-------

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

maze	nap	dream	nightmare
------	-----	-------	-----------

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

struggle	replication	themes	memory
----------	-------------	--------	--------

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

unlearnt	stressful	extraordinary	asleep
----------	-----------	---------------	--------

5. His health problems _____ an accident he had when he was a child.

deal with	stem from	prepare for	understand
-----------	-----------	-------------	------------

答案

1. 阅读课文并回答问题。

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 unlearnt.

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. 选择意思恰当的单词或词组来完成下列句子。

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.