

Quiz: Dream facts



How much do you know about dreams? Look at these statements. In all of them, only one letter always marks the correct answer. Which one?

1 The English word *dream* comes from an old word for _____, and *nightmare* originally meant _____.

- a) "imagination" / "war with yourself"
- b) "truth" / "lie" or "imagination"
- c) "joy" or "music" / "an evil spirit"

2 We have around 3 to 7 dreams each night, which means we spend how much time dreaming throughout our lives?

- a) 60 weeks.
- b) 16 months.
- c) 6 years.

3 If you avoid sleep for more than 10 days, you will

- a) lose the need to sleep.
- b) dream with your eyes open.
- c) die.

4 Blind people also dream.

- a) False.
- b) True, but only if they were able to see at some point in their lives.
- c) True, either what they remember or in sounds.

5 Do any people dream in black and white?

- a) No, because we see the world in colour.
- b) Yes, almost half of dreamers.
- c) Yes, about a tenth of dreamers.

6 Our brains are more active when we dream than when we are awake.

- a) False.
- b) Sometimes.
- c) True.

7 While we dream

- a) our senses are sharper, so we can react to danger quicker.
- b) our hearts beat slower, so we have a feeling that time passes slower, too.
- c) our bodies are paralyzed, so we can't act out what we dream.

8 What percentage of our dreams do we forget?

- a) 75%
- b) 85%
- c) 95%

9 Some research shows that people cannot _____ and dream at the same time.

- a) sleepwalk
- b) talk in sleep
- c) snore

10 Your body burns more calories awake than sleeping.

- a) True.
- b) False, the same number of calories.
- c) False, less calories.

11 Children do not dream about themselves before they are how old?

- a) 2 or 3
- b) 4 or 5
- c) 3 or 4

12 The most common emotion in our dreams is

- a) detachment, because neutral emotions are more usual.
- b) joy, because positive emotions are more usual.
- c) anxiety, because negative emotions are more usual.

13 Dreams of flying haven't existed before the invention of airplanes.

- a) Nobody knows.
- b) True.
- c) False.

14 In the Roman Era, significant dreams were interpreted by

- a) the *matron*, or the woman with the most important position in the house.
- b) the priests from the temple of Apollo, who could predict the future.
- c) the Senate, or the wealthiest and politically most powerful people.

15 You have nicer dreams if your room is

- a) cold.
- b) hot.
- c) warm.

16 Scientists agree that dreams

- a) mean nothing more than our brains getting stimulation at night as well.
- b) can be therapeutic and give important messages from the unconscious part of the brain.
- c) are not researched enough to know exactly what they mean

Tasks:

- 1) Find out what famous people say about their dreams and create a presentation with quotes.
- 2) Research: What did people think about dreams and dreaming occurrences in the past? Where did they think dreams came from? How did they explain dream paralysis? Were dreams important? If yes, in which way? If no, why not?
- 3) Make a survey of the most common dreams in your class: which places, people, animals, or activities do your classmates remember most?
- 4) Create a dream journal: write down your dreams for a month.
- 5) In Art class, draw a silly, scary or strange scene from one of your dreams.