# The Mystifying Field of Dreams

Dreams are one of the most fascinating aspects of sleep. Scientists have been studying them for years in order to work out the reasons why we dream. This research even has its own name: oneirology. There are still many things about dreams that sleep experts are trying to understand.

Dreams can be described as actions and emotions that take place inside the mind during sleep. Generally, they occur during the stage known as REM (rapid eye movement), when the brain functions in a similar manner to that when awake.

**Did You Know...?**

It is believed that the duration of a dream could be from just a few seconds to as long as 30 minutes!







GREG AND CHRIS JAMES SMITH
THE GREAT DREAM ROBBERY

# Quick Questions

1. What is the longest time that it is thought a dream might last?

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2. Find and copy one word which means 'very quickly'.

_____

3. Can you think of an alternative title for this text?

_____

4. Why do you think that scientists have been studying dreams for such a long time?

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