

4.Sleep

It is commonly believed that everybody should get at least eight hours of sleep a day. But a lot of people try to get by on less, thinking that sleeping is just a waste of their time. Even some experts claim that it is the quality of sleep that counts rather than the quantity, and that we could live healthy lives with only three or four hours of good sleep. To them, "good sleep" is characterized by REM (Rapid-Eye Movement). It is during this phase of sleep that we dream.

Dreams and their interpretation are other interesting phenomena associated with sleeping. Throughout history, seers have tried to use them as a guide to the future. Today, psychologists are apt to see them as the acting out of the anxieties and fantasies we cannot express during our waking hours. For Sigmund Freud, they were symbolic expressions of our sexual desires.

Comprehension

1. How many hours of sleep do we need every day?
2. When do we dream?
3. What purposes do dreams serve in human culture?

Express Yourself

1. How many hours do you sleep?
2. Do you feel okay with three or four hours' sleep?
3. If your spouse is snoring, what would you do?
4. Do you need an alarm clock to get up in the morning?
5. Do you like to sleep in a bed or on the floor?
6. Do you think your dreams have anything significant to tell you?
7. How often, and when, do you dream?
8. Do you try to interpret what your dreams mean?
9. Do you believe that you would be lucky if you saw a pig in your dreams? If so, would you buy a lottery ticket?



10. Do you enjoy a nap during the day time?
11. Do you think sleep helps relieve your stress?
12. Do you think it is okay to work at night?

