

Imagine that you are preparing a project with your friend. You have found some interesting material for the presentation and you want to read this text to your friend. You have 1.5 minutes to read the text silently, then be ready to read it out aloud. You will not have more than 1.5 minutes to read it.

Do you ever remember your dreams? You may not remember what you dream, but you probably dream every night — almost everyone does. Why do you have dreams? Scientists disagree on exactly why you dream. Some say it is your brain's way of processing things. You learn a lot and have a lot of things happen to you, so while you sleep, your brain processes that information. Dreaming might be the way your brain makes sense of what happens to you. Some say that dreams are the way your brain solves problems. Suppose you are upset about something. Dreams may be a way for your brain to help you feel better. People may not agree on why you dream. But everyone agrees that dreaming is very important. You need to dream so that your brain is ready for the next day.