

Установите соответствие между текстами A–G и заголовками 1–8. Запишите свои ответы в таблицу. Используйте каждую цифру **только один раз**. В задании **один заголовок лишний**.

1. When we don't sleep.
2. Not only for humans.
3. How dreaming helps.
4. When we dream.
5. Why dreams can be scary.
6. What we feel dreaming.
7. How we forget dreams.
8. How we remember dreams.

A. Even though our dreams may feel like they last for hours and hours, we hardly spend more than two hours dreaming each night, which means a person spends a total of nearly six years dreaming throughout a lifetime. In general there are four phases of the sleep cycle and all dreaming occurs practically at the final phase. Each of these sleep cycles lasts approximately 60 to 90 minutes and may repeat several times throughout the night.

B. Anxiety is the most popular emotion experienced in dreams. Many people dream of falling, which is often connected to something in our lives that is going in the wrong direction. In addition, dreams of being chased are very common and are linked to avoidance. Also people report dreams about their teeth falling out, which is related to the words and communication we might have in real life.

C. Dreaming helps people make sense of the information and events that occur in their lives. Dreams play an important role in processing and remembering information that we absorb daily. Also, they help reduce stress and even solve problems. It's very possible to work through real-life problems while dreaming at night. In addition, dreams provide a lot of important content and meaning that can be used to inspire and direct our lives during the day.

D. Nearly 5 to 10% of adults have nightmares. There are several reasons for it, for example when people start taking certain medications or when they withdraw from drugs. Some physical conditions, such as stress or illness, can also be a trigger. However, in some cases adults may have frequent nightmares that are unrelated to their everyday lives, which may signify that they are more creative, sensitive, and emotional than the average person.

E. There is no person who does not have dreams, but not everybody recalls them. The most vivid dreams happen during the Rapid Eye Movement sleep stage when the brain is extremely active and the eyes move back and forth quickly underneath the eyelids. Although dream recall varies from person to person, some people have little or no recollection of the content, and around 90% of dreams are gone following the first 10 minutes of waking up.

F. Scientists have found that animals also dream and their subconscious thoughts are connected to real experiences. Animals' dreams are complex, containing long sequences of events. Animals' brains share the same series of sleeping states as the brain of human beings. Analyzing animals' dreams and the content of their dreams may help scientists treat memory disorders and develop new ways for people to learn and retain information more effectively.

G. Only five minutes after the end of a dream and half of the content is likely to vanish from our memories. It's not that dreams aren't important enough to keep in mind, but other things tend to get in the way. Dream researcher L. Strumpell believes that dreams disappear from our memories for a number of factors. For example, we may not recall dream images that lack intensity, association or repetition, which are usually needed for dream recall.

Текст	A	B	C	D	E	F	G
Заголо- вок							