

Power napping is good for the I.Q.

Vocabulary

A Find the words in the reading with these meanings.

1. people who specialize in certain professions (par. 1) professionals
2. people who study science (par. 1) _____
3. people who have special knowledge about something (par. 4) _____
4. people who are employed by someone (par. 4) _____
5. just one person (par. 5) _____
6. a person who participates in something (par. 5) _____

Main ideas

B Write the number of each paragraph next to its main idea.

- 3 a. Losing sleep causes a drop in I.Q.
 _____ b. Sleep is very important for one's health.
 _____ c. The MSLT measures sleep deprivation.
 _____ d. People should sleep at night and take naps in the afternoon.
 _____ e. People in developed countries don't get enough sleep.

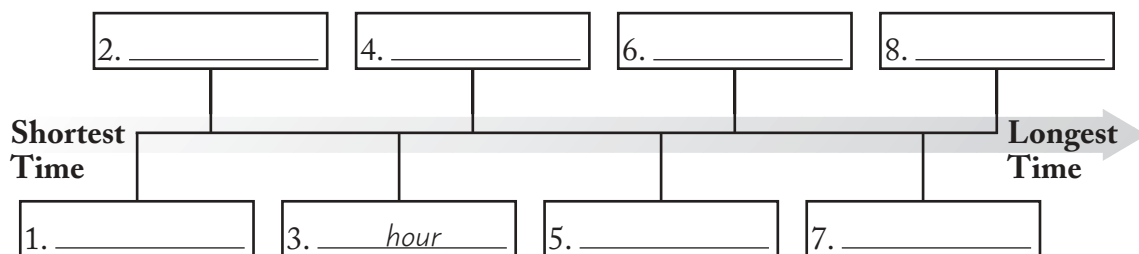
Details

C How much time do these actions take? Complete the sentences.

1. Every hour of sleep lost each night causes a 1-point drop in I.Q. the next day.
2. Employees who nap for at least _____ show increased levels of alertness.
3. In 1910, the average length of sleep was _____ a night.
4. Most sleep experts think people should sleep at least _____ a night.
5. People can sleep as little as _____ a night in summer without ill effects.
6. You are probably getting enough sleep if you fall asleep in _____ or longer.
7. Today, the average length of sleep is _____ a night.
8. People can sleep as long as _____ a night in the winter without ill effects.

CHALLENGE

D Rank the amounts of time in Exercise C from 1 (shortest) to 8 (longest).



Common questions about dreams

Text organization and purpose

A Circle the correct answers.

1. Where is this article from?
 - a. a magazine
 - b. a textbook
 - c. a Website
2. How is the article organized?
 - a. in time order
 - b. by asking and answering questions
 - c. from least important to most important
3. What is the purpose of the picture?
 - a. to illustrate a common dream
 - b. to show how scientists study dreams
 - c. to interest the reader in the topic

Context clues

B Find the words in *italics* in the reading. Then complete the sentences.

<i>last</i> (par. 1)	<i>recall</i> (par. 2)	<i>reflect</i> (par. 5)
<i>vivid</i> (par. 1)	<i>debate</i> (par. 4)	<i>image</i> (par. 5)

1. My dreams about flying _____ *reflect* _____ my wish to escape.
2. Some dreams _____ 30 minutes or less.
3. Scientists still _____ whether animals have dreams.
4. I had a really _____ dream last night. I remember it clearly.
5. Sometimes a dream contains an _____ of a familiar person or place.
6. I can't _____ my dreams very well.

Details

C Check (✓) the correct column.

		Definitely true	Probably true	Definitely not true
1.	Some people don't dream.			✓
2.	The brain is very active during REM sleep.			
3.	All people can remember their dreams.			
4.	Most people don't completely forget dreams.			
5.	People who pay attention to color notice it more in dreams.			
6.	All dreams have meaning.			
7.	Some people learn a lot from their dreams.			
8.	Images in dreams mean the same thing to different people.			

What is a dream?

Vocabulary

A Find the words in the reading with these meanings.

1. making no sense (par. 1) _____ *nonsense* _____
2. without meaning (par. 1) _____
3. by using science (par. 2) _____
4. not something we can accept (par. 3) _____
5. a way people behave (par. 5) _____
6. an aggressive action (par. 7) _____
7. following tradition (par. 7) _____

Details

B Mark each sentence true (T), false (F), or does not give the information (?).

1. T Long ago, people thought dreams were messages from God.
2. Many scientists are studying dreams today.
3. Carl Jung was a student of Sigmund Freud.
4. People started to study dreams scientifically in the nineteenth century.
5. Children dream as much as adults do.
6. Women often have dreams of children and friends.
7. Men and women dream about different things.
8. Dreaming about a death does not mean that a death will occur.

Recognizing sources

C Check (✓) the correct column.

		Freud	Jung	Domhoff
1.	Who argued that there is a connection between dreams and age, gender, and culture?			✓
2.	Who believed that dreams let people express emotions that are unacceptable in society?			
3.	Who found that men in different cultures dream about other men and physical aggression?			
4.	Who said that dreams make up for something missing from waking life?			
5.	Who believed that the purpose of a dream is to communicate something to the dreamer?			
6.	Who was probably the first person to study dreams scientifically?			

CHALLENGE

D Correct the false statements in Exercise B.