

What happens in your brain when you dream?

Anglický text s pracovním listem · Úroveň: Středně pokročilý (B1-B2) · 4 otázky · Klíč na samostatné straně



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Text

Every night, while your body lies still, your brain stages one of the strangest shows on Earth. We call these night-time stories dreams, and humans have puzzled over their meaning for thousands of years. Yet only in the last few decades have scientists begun to grasp what is actually going on.

The most vivid dreams tend to happen during a stage of sleep known as REM, which stands for rapid eye movement. During this stage, your eyes dart around behind closed lids while the rest of your body remains almost completely paralysed. Your brain, on the other hand, becomes nearly as active as it is when you are wide awake.

Researchers have discovered that the regions tied to emotion and memory light up, while the area that keeps our thinking in check largely shuts down. This is why a dream can feel intense and utterly real, even when it makes no sense whatsoever. Many scientists believe that the sleeping brain is busy sorting through the day, deciding which memories are worth keeping and which can be thrown away.

If dreaming matters so much, why do we forget most of our dreams within minutes of waking up? According to one theory, the chemicals needed to lock in new memories are simply switched off during REM sleep itself. That is why, if you want to hold on to a dream, you have to write it down the moment you open your eyes.

Nobody has yet cracked the mystery of why we dream, and the debate is far from settled. But the next time you surface from a strange adventure, bear in mind that your brain has been working hard all night long. In a way, dreaming may well be the price we pay for having such a restless, creative mind.

Slovíčka z článku

Anglicky	Výslovnost	Česky
to puzzle over	/ˈpʌzl ˈəʊvə/	lámat si hlavu nad
vivid	/ˈvɪvɪd/	živý, barvitý (o snu)
REM (rapid eye movement)	/rem/	fáze spánku s rychlými pohyby očí
to dart	/dɑ:t/	mihnout se, šlehnout
eyelids (lids)	/ˈaɪlɪdz/	oční víčko
paralysed	/ˈpærəlaɪzd/	ochromený, paralyzovaný
to light up	/ˌlaɪt ˈʌp/	rozsvítit se, rozzářit se
whatsoever	/ˌwɒtsəʊˈevə/	vůbec (žádný)
to sort through	/ˌsɔ:t ˈθru:/	probírat se, třídit
to switch off	/ˌswɪtʃ ˈɒf/	vypnout

Anglicky	Výslovnost	Česky
to crack (a mystery)	/kræk/	rozluštit (záhadu)
to bear in mind	/,beər ɪn 'maɪnd/	mít na paměti
restless	/'restləs/	neklidný

Otázky k textu (zakroužkujte správnou odpověď)

1. What happens to your body during REM sleep?

- A) It moves around freely while the brain quietly rests
- B) It is almost completely paralysed apart from the eyes
- C) It wakes up briefly every few minutes until morning
- D) Its temperature rises sharply and then falls again

2. Which brain regions light up during vivid dreams?

- A) The area responsible for logic and planning
- B) Only the visual cortex just behind the eyes
- C) The regions that are tied to emotion and memory
- D) The regions that control movement of the body

3. According to one theory, why do we forget most of our dreams?

- A) The chemicals that store new memories are switched off
- B) Dreams are not important enough for the brain to keep
- C) The brain deliberately deletes dreams every morning
- D) We only dream for a few short seconds each night

4. What does the article conclude about the purpose of dreaming?

- A) Scientists now agree that dreams have no purpose
- B) Dreams exist so that we can predict the future
- C) Dreaming trains the logical part of our brain
- D) Nobody has solved the mystery of dreaming yet

Klíč - řešení s vysvětlením

1. B) It is almost completely paralysed apart from the eyes

Druhý odstavec: oči těkají za zavřenými víčky, zbytek těla je téměř úplně paralyzovaný – zatímco mozek je skoro stejně aktivní jako v bdělém stavu.

2. C) The regions that are tied to emotion and memory

Třetí odstavec: aktivují se oblasti spojené s emocemi a pamětí, zatímco oblast, která myšlení drží na uzdě, se z velké části vypne.

3. A) The chemicals that store new memories are switched off

Podle jedné teorie jsou látky potřebné k ukotvení nových vzpomínek právě v REM fázi vypnuté, takže se sen do paměti nestihne zapsat.

4. D) Nobody has solved the mystery of dreaming yet

Pátý odstavec: „Nobody has yet cracked the mystery of why we dream“ – debata není uzavřená; snění může být daň za neklidnou, kreativní mysl.