We know enough about what sleep is, though we don’t know what exactly causes sleep. Sleep is a state of rest — an unconscious rest. When we sleep, our body recovers from fatigue caused by the day’s activities. After a good sleep and the rest that it gives, we become alert and active again, ready for the normal activities of the day.

When we wake up in the morning, it is not always possible for us to remember what happened when we were asleep. We may remember a dream but the rest of our sleep was a kind of darkness in which nothing seems to have taken place.

- Our body and brain recover from fatigue after a good sleep.
- We dream while sleeping, but we do not always remember our dreams.
- During sleep, our heartbeat becomes slower and our temperature and blood pressure go down.
Several things happen to our body while we are sleeping. As we sink deeper into sleep, our muscles relax more and more. Our heartbeat becomes slower. Our temperature and blood pressure go down. The ever-active brain also slows down so that we can’t think or act consciously. But we dream.

When we wake up, our temperature and blood pressure rise to normal. Our heartbeat and breathing also become normal and we are fully awake, and have forgotten most, if not all, the dreams that we had while sleeping.

- A dream is an activity of the mind when we are asleep.
- Dreams help us sleep through noise and other disturbances.
- Dreams may reveal something about one’s problems, but they cannot tell the future.

What is a dream? It is an activity of the mind that takes place when we are asleep. Some dreams are probable while others are not. That only means that many of the things that happen in dreams could happen when we are awake. Others could not. Dreams seem to be important for several reasons. One is that a dream can help us to sleep through noise or other disturbances. For example, the alarm clock rings, but our mind causes us to dream that the telephone or doorbell is ringing, and that we are awake and answering it.

Certain doctors have found that one’s dreams often reveal a great deal about one’s problems and that, if understood correctly, they can provide a key to the solution of those problems. But we must remember one thing. Dreams cannot be used as a way to tell the future. They simply can never tell the future.

Sleep is the most common experience, but how many of us really think about the wonder and power of sleep? Many
poets have written beautiful poems about sleep. Here is one in which the poet is describing the experience of falling asleep. Read it aloud.

**Lights Out**

_I have come to the borders of sleep,_  
The unfathomable deep  
_Forest where all must lose_  
_Their way, however straight,_  
_Or winding, soon or late:_  
_They cannot choose._  
_There is not any book_  
_Or face of dearest look_  
_That I would not turn from now_  
_To go into the unknown_  
_I must enter and leave alone_  
_I know not how._

Edward Thomas

**Questions**

1. What is the most obvious advantage of sleep?
2. What happens to our body when we sleep?
3. Define a dream in your own words.
4. Why are dreams important? Mention two reasons.
5. Why has sleep been called a wonder?
6. Describe briefly to the class an improbable dream you have had.

Grandmothers and mothers sing nice little songs while rocking little ones to sleep. Such a song is called a ‘lullaby’. Do you remember a lullaby in your own language? Tell the class in English what the lullaby says.