Pemba Sherpa

ENG1101

1st page of the essay

Introduction

Every time we go to sleep, we spend one third of our sleep by dreaming. Have you ever wondered if the dreams you have been getting has to do anything with your life? Due to all the researches and experiments about dream has now enabled us to get a deeper insight of this phenomenon called dream. Dream is the series of thoughts, images, and sensations that mostly occur when a person is asleep and sometimes when they are awake. It is yet to discover, why we dream. However, due to many researches and experiments, it is certain that dream helps us in learning and also helps us to deal with problem and mental stress. Everyone gets dream when they are asleep. People many times wonder if the dream they get has any meaning to it or if it helps us them in anyway. Due to this curiosity people have now uncovered the secret behind dreams and have also informed others about the fascinating secrets about dreams. We all get dreams but know very less about it. It is the thoughts, images, and sensations that we experience in a state of sleep likewise can be when we are awake. There are many different types of dreams. It benefits us in many ways. Three ways that dream benefits us are by helping us to learn new things, helping us to deal with the problems in our life and by keeping us mentally healthy.

The study of dream is called Oneirology. It comes from a Greek word “Oneiros” which means dream and “logia” which means a study of.