**Pemba Sherpa**

**ENG 1101**

**Outline for Research Paper**

**General Topic:** Dreams

**Specific Topic:** Importance of Dreams

**General Purpose:** To inform

**Specific Purpose Statement:** To inform the audience about the importance of dream in our daily life

**Thesis Sentence:** Dream helps us to learn, keeps us emotionally healthy, and also helps us to deal with the problems we face in our life.

**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. Like everyone else I get dreams when I am asleep. I always thought if the dream we get has any meaning to it or if it helps us in anyway. Due to this curiosity I decided to uncover the secret behind dreams and also inform 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. Some of the common types of dreams are Dreams are very important to all of us. 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.

**Body:**

1. Background

* The study of dream is called Oneirology. It comes from a Greek word “Oneiros” which means dream and “logia” which means a study of.
* A French Sinologist named Marquis d’Hervey first studied dream in 1653. However, it was the researchers like Nathaniel Klietman and William Demment who made big discoveries in dream research.

1. Dreams help us to learn

* Researchers say that after learning a complex task or a piece of knowledge our brain makes sense of the things we have learned throughout the day and consolidate it.
* If we dream about the task that we have learned, we get a lot better at it.
* In a study, group of 99 participants were told to sit in the computer and learn about a layout of a three dimensional maze. The aim was to find their way to landmark.
* Those who were given to take naps and dreamed about the task finished the maze in less time. Furthermore, those who dreamed about the task seemed to be 10 times better at the task than compared to those who did not dream about the task.

1. Dreams keeps us emotionally healthy

* Experts say that our dreams give us insight to heal emotional trauma, stress and increase happiness.
* In a study of recently divorced women with untreated clinical depression, scientists found that the patients who saw dream about their ex-spouse or relationship scored better on the mood tests. They were also much more likely to recover from the depression than who did not remember dreaming about the marriage.

1. Dreams help us to cope with the problems in our life.

* There are many different types of dreams and they all play their own role in our life.
* Recurring dreams are the types of dreams that we see often and it occurs due to our life situation. Recurring dreams indicates us about something that is unresolved. Like, relationship, school, or even fear of something.
* The dream only subsides when we are able to overcome the problem. I use to have many dreams about snakes. I have dreams of me being surrounded by snakes and sometimes they are following me. It was not until when I got a little older and as my fear of snake decreased I also stopped getting the recurring dreams about the snakes.
* Another way to deal with problems in our life is by lucid dreaming. Lucid dream is a type of dream when we have control of our dream. Lucid dream helps us to visualize and rehearse events in our mind before it occurs. This way we can create our own dream and imagine ourselves dealing with the problem we are facing. This helps us to deal with the problem because when we imagine ourselves facing a problem, we want to find a way to deal with the problem.

**Conclusion:**

Dream is the thoughts, images and sensations that we get in our sleep while we are awake. It plays a very important role in our life. There are many different types of dreams and they play their own role in helping us. Dream helps us to learn, keeps us emotionally healthy, and also helps us to deal with the problems in our life. We all get dreams, but most of us just forget about it by thinking that it is not important. Next time when you have a dream ask to yourself what is it trying to confront because that dream you had can help you either learn new things or can help you to deal with emotional stress and problems in your life.

**Bibliography:**

N.A, “Types of Dreams”, N.p. Dream moods, Inc. 3 Dec 2013. Web. 13 Nov 2014.

<http://www.dreammoods.com/dreaminformation/dreamtypes/>

Allorca, Mellissa. “Oneirology: The scientific study of dreams”. N.p. 14 Oct 2012. Web. 15 Nov 2014.

<http://melissallorca.blogspot.com/2012/10/oneirology-scientific-study-of-dreams.html>

Nixon, Robin. “Naps and Dream Boost Learning, Study Finds”. 22 April 2010. Web. 15 Nov 2014.