

# Example of research paper on why do we dream

[Technology](#), [Future](#)



**Introduction:**

Dreaming entails various theories. People dream because of different reasons in their lives. We dream in order to express our internal lives and feelings in the similar manners. We, therefore, dream in order to make our wishful actions to take place. The wishful thinking in dreams helps us realize or achieve what we wanted to do in life. The act of dreaming helps us to experience the things that we wish to do in life that may or may not be practical at the current state. Dreams, therefore, gives us an opportunity of being the people we cannot be in the real world. Dreaming, therefore, plays a role in enabling us experience what we like or dislike about our day to day activities in life.

We dream in order to have the experience or the feel of the situations that are threatening in reality. The act of dreaming helps us to experience very awkward situations like going naked in the public. The instances of fighting with other people or enemies helps us to experience the nature of war or other activities that are dangerous in practice.

The other reason we dream is that our brains evaluate the things we see or experience in day to day activities. Dreaming, therefore, helps our brains to determine what to retain and what to forget. This helps in the creation of wisdom. This also ensures that the things that we give concentration are retained because they are crucial for us in the future. The brain keeps in memory the things that are useful in the future decision making activities. Dreaming is, therefore, a form of natural selection where the most appropriate reactions to the emotions are selected by our brains (Hartmann, 2012 p. 2).

We also dream in order to reflect our emotions and attitudes towards work and our daily activities. The pressure we experience in reading or doing work is reflected in dreaming. The dreams help us to express how we feel about activities and tasks as well as situations we experience in our day to day life.

Dreaming helps us to reorganize our memories. This helps in rearranging memories and stuff in our brains. The things that are not very important to us are deleted while the crucial ones are reflected in dreams in order to help us remember them in the future. This also shows the exercise of the brain at when someone is sleeping.

Dreaming may also be of greater essence in enabling us to solve problems. They help our brains experience difficult situations thereby enabling us to tackle such tough situations or decisions in the real life situations. The mind can give more precise and reasonable decisions while asleep than when we are walking. The way we react or respond to the tasks while asleep helps us to approach real life problems in a more realistic manner.

The process of dreaming also helps us to process the painful situations and emotions in life. This gives symbolic appearance to various forms of the difficult experiences we face in our daily life activities. This helps in linking our emotions with the psychological conditions in life.

We also dream in order to enable our brains to practice threat simulation. Our brains expose us to threatening situations in order get the realistic responses to such threats that we may experience in the future. This, therefore, enable us to us to prepare psychologically on how to tackle various threatening situations in life (Montangero, 2012 p. 4).

In conclusion, dreaming is an important process or activity because it helps us to develop responses to or emotions and situations that we face in life. This also helps our brains to exercise while we are asleep in order to provide realistic solutions to the difficult or demanding tasks in life. Dreaming, therefore, plays a very crucial role in our day to day activities in life.

## **References**

- Hartmann, E. (2012). The Dream Is Not a Series of Perceptions to Which We Respond Logically (or Not). The Dream Is an Imaginative Creation: A Comment on Hobson et al. Dream Logic—The Inferential Reasoning Paradigm. *Dreaming*. doi: 10. 1037/a0026141
- Montangero, J. (2012). Dream Thought Should Be Compared With Waking World Simulations: A Comment on Hobson and Colleagues' Paper on Dream Logic. *Dreaming*. doi: 10. 1037/a0026140