

# Informative speech dreams essay

[Life](#), [Emotions](#)



Dreams to me were always a fascinating thing and had always interested me. I have been interested in how dreams occur, what is the purpose of dreams, and finally how they affect our lives. A few of these scenarios may be able to recall : flying, falling, climbing to great or frightening heights, trying to run from a threat through a sludge of quicksand, sharing an embrace with a mysterious stranger, or popping up suddenly in your grade xix classroom and then getting turned ups adenoid by a twister. How do we get to these places? How do dreams happen? The first thing we need to do is of course sleep but these dreams do not occur right away. First the the heart rate and breathing needs to slow down, and muscles all cross the body need to relax. Then at about the minute mark (based on re search) the dreams mainly occur, the dreams happen in the rapider movement (REAM) stage of sleep-? w hen brain activity is high and resembles that of being awake.

REAM sleep is revealed by continuous move nts of the eyes during sleep. The body stays in the REAM cycle for most of the time, but even when it's in the REAM cycle it is active as the human body is awake. Motor Signals from the brain to the body are (insert w rod here) by certain neurotransmitters which, temporarily paralyzes us which is it total purpose a ND intent. It is good for us that he neurotransmitters kick in or else God know what we would be doing. Your eyes alone also have a big part in the dreams images.

Dream images are thought to originate in the visual I centre Of the cerebral cortex, the brain's grey matter and the mind's hub for memory, awareness, conscious senses, and thought. While the part of your visual cortex that takes in new images sleeps right along with you , the part that interprets images stays wide awake. So, basically, your brain gets down to business,

try Eng to makes sense of all the bits of memory and imagination. The human brain is a mysterious little ball of gray matter. After all these years , researchers are still baffled by many aspects of how and why it operates like it does. Scientists have been performing sleep and dream studies for decades now, and we still aren't 100 percent sure about the function on of sleep , or exactly how and why we dream.

There are several theories as to why we dream. One is that dry names work hand in hand with sleep to help the brain sort through everything it collects during the waking hours. Your brain is met with hundreds of thousands, if not millions of inputs each day. Some are minor sensory details like the color of a passing car, while others are far more complex, like the big presentation you're putting together for your job. During sleep, the brain works to plow through all of this information to decide what to hang on to and what to forget. Some researchers feel like dreams play a role in this process.

These theories are just guesses but there is some research to back up the ideas that dreams are tied to how we form memories. Studies indicate that as we're learning new things in our waking hours, dreams increase while we sleep. Participants in a dream study who were taking a language course showed more dream activity than those who were not.

Another theory is that dreams typically reflect our emotions. During the day, our brains are working hard to make connections to achieve certain functions. When posed with a tough math problem, your brain is incredibly focused on that one thing. And the brain doesn't only serve mental functions.

If you're building a bench, your brain is focused on making the right connections to allow your hands to work in concert with a saw and some wood to make an exact cut.

The same goes for simple tasks like hitting a nail with a hammer. Have you ever lost focus and smashed your finger because your mind was elsewhere? Some have proposed that at night everything slows down. We aren't required to focus on anything during sleep, so our brains make very loose connections.

It's during sleep that the emotions of the day battle it out in our dream cycle. If something is weighing heavily on your mind during the day, chances are you might dream about it either specifically, or through obvious imagery. For instance, if you're worried about losing your job to company downsizing, you may dream you're a shrunken person living in a world of giants, or you're wandering aimlessly through a great desert abyss.

There's also a theory, definitely the least intriguing of the bunch, that dreams don't really serve any function at all, that they're just a pointless byproduct of the brain firing while we slumber. We know that the rear portion of our brain gets pretty active during REM sleep, when most dreaming occurs. Some think that it's just the brain winding down for the night and that dreams are random and meaningless firings of the brain that we don't have when we're awake.

The truth is, as long as the brain remains such a mystery, we probably won't be able to pinpoint with absolute certainty exactly why we dream.