



# Dreams & Nightmares



## Reading

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1. Read the text and then answer the questions below.

“It happens early in the night, usually during the first three hours of sleep. The person sits up in the bed suddenly, talks incoherently, and may get up and move around wildly. He appears to be terrified of something unseen and his pulse and respiratory rates may have doubled but no external danger is present. Until recently this episode would have been classified as an nightmare. Today, it would be recognized as representing one of two phenomena. One is familiar nightmare, a bad dream that occurs rather late at night and ends in a sudden awakening. The other is more correctly called night terror.”

**1. When does a nightmare usually happen?**

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**2. How do the people appear when they have a nightmare?**

- |              |              |
|--------------|--------------|
| a) Sad       | c) Annoyed   |
| b) Exhausted | d) Terrified |



**3. When people wake up after having frightened dreams, they .....**

- |                           |                                 |
|---------------------------|---------------------------------|
| a) ... start to cry.      | c) ... sleep again immediately. |
| b) ... talk incoherently. | d) ... scream wildly.           |



**4. Although there is no external danger, people's pulse and respiratory rates ....**

- a) ... speed up a little.
- b) ... stop unexpectedly.
- c) ... don't change remarkably
- d) ... increase twice the amount.

**5. The text points out that two phenomena "nightmare" and "night terror" ...**

- a) ... are quite different things
- b) ... are similar to each other.
- c) ... are the same.
- d) ... have a lot in common.



**6. What is the difference between "nightmare" and "night terror"?**

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**7. What do you think about these phenomena? Are you scared of them? Why?**

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**8. Have you ever had a nightmare or night terror? How did you feel? Write down your experience.**

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## Writing

Meet Kate! Below is an illustration of a dream she had...  
Do you think an underlying fear may have caused Kate to have this dream?  
Pretend you are Kate and tell someone about your dream.

### A Strange Dream

