

Why do we dream?

In our dreams, we can be anything from superheroes to animal tamers, but we can also be pursued by monsters or arrive late to school. But why do we have certain dreams? Do our dreams mean anything? Scientists have lots of theories to answer these questions, but no real answers quite yet.

Dreaming may be our bodies' way of storing up memories and thoughts. Throughout the day, we each create a nearly infinite amount of experiences. These experiences may organize themselves in our brains as dreams.

Another theory is that dreams help our bodies interpret what our brains have been thinking about. If you dream about missing the bus and forgetting all your school supplies, you may be nervous about school starting.



We remember our dreams best immediately after we wake up. Keep a notepad by your bed tonight and write down everything you remember tomorrow morning.

Can you figure out why you dreamed what you did?