

The Wonder Called Sleep – Important Questions

Q. What way does sleep affect us?

Ans. After good sleep we become active and alert.

Q. Do we know what happens when we are asleep?

Ans. No, we do not know what happens when we are asleep.

Q. What happens when we sink deeply in the sleep?

Ans. As we sink deeply in the sleep our muscles relax more and more; our blood pressure and temperature goes down.

Q. What happens when we wake up?

Ans. When we wake up our temperature and blood pressure rise to normal. Our heart beats and breathing also become normal.

Q. Some dreams are probable. What does it mean?

Ans. It means that many of the things that happen in dreams could happen when we are awake.

Q. What is the importance of dreams?

Ans. The dreams help us to sleep through noise and disturbances.

Q. Why does the body become alert and active after sleep?

Ans. The body and brain get sufficient rest during sleep and the body recovers from fatigue making it alert and active again.

Q. What happens when we wake up after a deep sleep?

Ans. After waking up from deep sleep, our heartbeat and breathing becomes normal and we forget most of our dreams.

Q. What is a dream? Define it in your own words.

Ans. A dream is an activity of the mind in which the things happening around are not real.

Q. What do doctors say about dreams?

Ans. Certain doctors have found that one's dreams reveal a great deal about one's problems and that if understood correctly they can provide a key to the solution of those problems.

Q. What are the benefits of sleep on our body?

Ans. When we are asleep our muscles relax. The heart beat becomes slower, the temperature and blood pressure goes down and the ever active brain also rests so that we can't think. This helps the body and the brain to recover from the fatigue of the whole day's activities and makes us ready for another active day.

Q. Are the dreams important in our life? How?

Ans. The importance of dreams in our life is very vast. They are an activity of the mind when we are asleep. Some dreams appear to be true while others prove to be futile. Many things that happen in dreams won't happen when we are awake. But the most important thing about dreams is that they help us to sleep in spite of noise or other disturbances. It is the opinion of some doctors that dreams can reveal a great deal about one's problems and can provide a key to the solution of those problems. But, dreams can never tell about the future. This is an irony that so many people are afraid of dreams and some times they feel delighted with their dreams.

Q. Enlist the changes that occur in our body when we sink deep into sleep?

Ans. Sleep is a necessary activity in our life. When we enjoy more and more sound sleep, our temperature and blood pressure both go down, our muscles relax and heartbeat becomes slower. Sleep also brings relaxation to the ever-active brain which slows down so that we could not think and put pressure on our mind. During our sleep we are not in the position to think or act consciously. When we wake up after a sound sleep, our temperature and blood pressure rise to normal. Our heartbeat and breathing also become normal and there is no botheration in our mind and we are fully awake and have forgotten most of the dreams. Such are the blessings of sleep.