

Dreams

1st – Read the information.

2nd – Write down the information so you can understand it.

Presentation is key



Questions

Sources

6 years of life is spent dreaming. People dream for roughly **1.5 hours** every night. Researchers have found that people usually have several dreams each night, each one typically lasting for between **five to 20 minutes**. **One third** of life is spent sleeping. As much as **95%** of all dreams are quickly forgotten shortly after waking. The record for the longest sleep is **18 days and 21 hours and 40 minutes**. The longest dreams last for **30 – 45 minutes** and occur in the mornings. **50%** of people experience lucid dreaming. **60-75%** of people have recurring dreams. Sleeping for more than **9 hours** a night can be bad for you.