

Dogs Dream Same Way Humans Do

VOCABULARY WORDS

1. uncovered /,ən'kəvərd/ to make known
Example: The group has uncovered an ancient secret.
2. canine /'kā,nīn/ relating to or resembling a dog or dogs.
Example: Wolves are members of the canine family.
3. pleasing /'plēziNG/ satisfying or appealing.
Example: I enjoyed the pleasing atmosphere of the surroundings.
4. solve /sälv/ find an answer to, explanation for, or means of effectively dealing with (a problem or mystery).
Example: The candidate said she could solve the company's problem.
5. mystery /'mist(ə)rē/ something that is difficult or impossible to understand or explain.
Example: The outer space still has a lot of undiscovered mysteries.



An expert thinks she has **uncovered** the secret of what dogs dream about. A psychologist at Harvard Medical School did research into dog dreams. She concluded that dogs dream about their owners. She also said **canine** dreams were similar to those humans have:

"Humans dream about the same things they're interested in by day....There's no reason to think animals are any different....It's likely your dog is dreaming of your face, your smell and of **pleasing** or annoying you." The psychologist advised pet owners to give their pets "happy daytime experiences" so they have nice dreams.

The psychologist said there is no way of knowing what dogs see in their dreams. Research isn't close to **solving** that **mystery** with human dreams. The research is based on the fact that dogs have a sleep cycle like the human cycle. This includes a period of activity called REM (Rapid Eye Movement). This is the part of sleeping when humans dream.

The psychologist said: "That certainly makes it the best guess that other mammals are dreaming too." Dogs may also move about while they are asleep because they are acting out their dreams. Their legs move in a running motion in their sleep.

DISCUSSION

1. What different things might dogs dream about?
2. Would you like to record and watch your dreams?
3. What can you do to make sure you have nice dreams?
4. Do you have a regular sleep cycle?
5. What's your favorite dream?