



Daily Article (Bharath's Reading list) - Answers and Explanations 15.09.2023

Article link : <https://bit.ly/3reoTyz> (What Are Dreams For?)

1. According to Blumberg, twitching while in REM sleep is due to:

- A. Dream debris or outward hints of an inner drama
- B. The severed connection between brain and body
- C. The brain learning the body and building a sense of self
- D. The activities of the brain cortex

Explanation : C

Refer to the lines, 'Blumberg suspects that it was twitching "to build its sense of self." The theory, he pointed out, turned the rationale for rem paralysis on its head: the paralysis isn't there to stop the twitches but to highlight them'

2. "A dreamer is in a situation akin to someone suffering from schizophrenia". The article says so because:

- A. While dreaming the body cannot distinguish between self and other
- B. While dreaming, the brain cannot anticipate sensations created by our movements
- C. Without visual cues, a dreaming person cannot tell whether they are lying still, standing or moving
- D. All the above

Explanation: A

Note the line, 'A dreamer is in a situation akin to someone suffering from schizophrenia—an illness often marked by a profound difficulty in distinguishing between self and other.'

Options B and C are unrelated to the given statement.

3. Based on the article, which of the following is incorrect?

- A. Memories are tied to the body
- B. Behavior is necessary for consciousness
- C. Dreams are a deep kind of synthesis between brain and body
- D. The brain is less responsive to sensory input during REM sleep

Explanation: B

Refer to the line, 'According to the neuroscientist Christof Koch, in his book "Consciousness," paralysis in dreams proves that "behavior is not really necessary for consciousness"—"the adult brain, even if cut off from most input and output, is all that is needed to generate that magical stuff, experience."