



Daily Article (Bharath's Reading list) - Answers and Explanations 25.04.2024

Article link : [Link](#) (The big idea: what if dreaming is the whole point of sleep?)

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

- A. Even those who are born blind dream
- B. Dreams are a part of the neural architecture
- C. We only dream during REM sleep
- D. Vivid dreams can emerge even in the total absence of sleep

Explanation : C

Note the line, 'When researchers at sleep labs wake up study participants at different points – not just during REM sleep – they find that dreaming is possible at any stage.'

2. The author talks about transplant surgery to drive home the point that:

- A. Unlike other vital organs which are passive participants in the sleeping body, it is the brain which needs to sleep
- B. While transplanting hearts and lungs, kidneys and livers, nerve connections are to be manually made, too
- C. The dreaming brains shuts down vital organs in the sleeping body through a form of chemical paralysis
- D. All the above



Explanation: A

Only option A is stated in the article. Options B and C are factually incorrect, based on the article.

3. According to the article, we can't think the way we do during sleep when we are awake as:

- A. The nociceptors in the brain help in the creation of wildly imaginative and highly emotional nocturnal experiences that cannot be experienced while awake
- B. During sleep, unlike during waking times, rational, executive network in the brain is switched off, and the imaginative, visual and emotional parts are dialled way up
- C. As our brains have evolved over millions of years, the role of dreams has expanded and evolved with them
- D. All the above

Explanation: B

Only option B is true. The article says the brain does not have nociceptors. Option C is unrelated to the question.