

WEEKLY ENGLISH PRACTICE

The Ever-Evolving Tale of Sleep

Throughout history, sleep has **woven** itself into the fabric of human existence, evolving from ancient beliefs to modern scientific inquiry.



In ancient civilizations, sleep was steeped in **mysticism** and cultural significance. Egyptians adorned their beds with protective charms, viewing sleep as a temporary journey of the soul. Greeks and Romans attributed dreams to messages from the divine, shaping bedtime rituals with prayers and superstitions.

The Middle Ages ushered in an era of fear and superstition surrounding sleep. Nighttime was fraught with terrors of witches and demons, prompting rituals to ward off evil spirits. Despite these fears, **rudimentary** notions of sleep **hygiene** emerged, emphasizing the importance of a clean sleeping environment.

The Renaissance sparked intellectual curiosity about sleep, with scholars contemplating its deeper meanings. However, it wasn't until the 19th century that scientific inquiry into sleep gained **traction**. Researchers began unraveling the mysteries of sleep stages and brain activity, laying the foundation for modern sleep science.

The Industrial Revolution reshaped sleep patterns with the introduction of artificial

lighting and shift work. **Urbanization** brought noise pollution, further disrupting natural sleep cycles. These changes underscored the importance of understanding sleep's impact on health and productivity.

The 20th century heralded groundbreaking discoveries in sleep research. The identification of REM sleep by Aserinsky and Kleitman revolutionized our understanding of dreaming. Polysomnography allowed for detailed monitoring of sleep stages and disorders, leading to advancements in treatment and diagnosis.

In recent decades, **awareness** of sleep's importance for overall well-being has surged. Studies have linked insufficient sleep to a range of health issues, prompting a renewed focus on sleep hygiene and healthy habits. Technological advancements, while offering convenience, have also introduced challenges to sleep quality, emphasizing the need for mindful screen use before bedtime.

In essence, the history of sleep reflects humanity's evolving relationship with this essential aspect of life. From ancient rituals to modern scientific inquiry, our understanding of sleep has deepened over time.



by ECP coach
Jarrod Olman

Word list

- **Woven:** process of creating fabric by interlacing threads or yarns together at right angles
- **Mysticism:** Belief in the existence of hidden truths or spiritual realities that are beyond human understanding.
- **Rudimentary:** Basic or undeveloped; simple.
- **Hygiene:** Practices or conditions conducive to maintaining health and preventing disease, especially cleanliness.
- **Traction:** Momentum or progress gained in a particular direction or activity.
- **Urbanization:** The process of population concentration in urban areas, often accompanied by the growth and development of cities.
- **Awareness:** the state of being conscious or cognizant of something

Let's chat about that!

1. What surprises you the most about the historical perceptions and beliefs surrounding sleep?
2. How do you think advancements in technology have impacted our sleep habits compared to previous centuries?
3. How do you prioritize your sleep habits in relation to your overall well-being?
4. What role do you think cultural and societal beliefs play in shaping our attitudes towards sleep?
5. Have you ever had a particularly vivid dream, and how do you think it relates to your waking life?

Lucid dreaming is a fascinating experience in which you become aware that you are dreaming and can even exercise control over your dream environment.

5 TECHNIQUES TO HELP YOU DREAM LUCIDLY

1. **Reality Checks:** Regularly questioning whether you're awake or dreaming by performing simple checks, like looking at your hands, to prompt lucidity in dreams.
2. **Dream Journals:** Recording dreams upon waking to identify recurring patterns and dream signs that can trigger lucidity in future dreams.
3. **Mnemonic Induction of Lucid Dreams (MILD):** Setting an intention to become lucid in dreams while repeating a phrase or affirmation as you fall asleep.
4. **Wake-Back-to-Bed (WBTB):** Waking up after about five to six hours of sleep, staying awake briefly, and then returning to sleep with the intention of having a lucid dream.
5. **Wake-Induced Lucid Dreaming (WILD):** Maintaining awareness while transitioning from wakefulness to the dream state, often by focusing on hypnagogic imagery or engaging in relaxation techniques.

<https://www.sleepfoundation.org/dreams/lucid-dreams>

CLICK [HERE](#) FOR FREE SOCIAL EVENTS IN ENGLISH!