TED

我们为什么会做梦?

题目：Why do we dream?

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In the third millenium BCE, Mesopotamian kings recorded and interpreted their dreams on wax tablets. A thousand years later, Ancient Egyptians wrote a dream book listing over a hundred common dreams and their meanings. And in the years since, we haven't paused in our quest to understand why we dream.

公元前三千年， 美索不达米亚国王在蜡质石板上记录并解释了他们的梦。 一千年之后， 古埃及人写了一本关于梦的书 列出了超过一百个日常的梦以及它们的解释。 多年之后， 我们从未停止过探索为什么我们会做梦。

So, after a great deal of scientific research, technological advancement, and persistence, we still don't have any definite answers, but we have some interesting theories. We dream to fulfill our wishes.

所以，在进行了大量的科学研究， 经历了科技进步， 以及我们的坚持不懈之后， 我们依旧没有任何确切的答案， 但是我们已经发展了一些有趣的理论。 我们为了满足自己的愿望而做梦。

In the early 1900s, Sigmund Freud proposed that while all of our dreams, including our nightmares, are a collection of images from our daily conscious lives, they also have symbolic meanings, which relate to the fulfillment of our subconscious wishes. Freud theorized that everything we remember when we wake up from a dream is a symbolic representation of our unconscious primitive thoughts, urges, and desires.

在19世纪早期， 西格蒙德 · 佛洛依德提出，虽然我们所有的梦，包括梦魇， 都来自日常有意识生活的画面集合， 他们也有一些抽象的意义，和满足我们潜意识中的愿望有关。 佛洛依德提出，我们早上从梦中醒来所记得的所有事情 都是我们无意识中最原始的想法，冲动，以及欲望的 象征性代表 。

interpret
v.解释

advancement
n.前进，进步

persistence
n.坚持不懈

definite
adj.清晰的，确定的

nightmares
n.梦魇

symbolic
adj.象征性的，有象征意义的

subconscious
adj.潜意识的

primitive
adj.原始的

Freud believed that by analyzing those remembered elements, the unconscious content would be revealed to our conscious mind, and psychological issues stemming from its repression could be addressed and resolved. We dream to remember. To increase performance on certain mental tasks, sleep is good, but dreaming while sleeping is better.

element
m.元素

stemming
v.阻止，遏制

performance
n.表演，演出

弗洛伊德相信，通过分析这些我们记得的元素， 那些无意识的内容都可以反映出我们有意思的思想， 以及精神上受到的压抑 都可以被理解和解答。 我们做梦是为了记忆。 为了加强一些脑力工作上的表现， 睡眠是非常有效的， 然而睡觉时做梦效果会更好。

In 2010, researchers found that subjects were much better at getting through a complex 3-D maze if they had napped and dreamed of the maze prior to their second attempt. In fact, they were up to ten times better at it than those who only thought of the maze while awake between attempts, and those who napped but did not dream about the maze.

attempts
n.企图，尝试

2010年，研究人员发现 如果被试者在第二次尝试穿越迷宫之前小憩一会儿并且做了一会儿梦的话， 他们在穿越一个复杂的三维迷宫时会表现更佳。 事实上，他们比那些在两次之间醒着思考迷宫的人， 以及那些虽然睡了但是没有做梦的人 表现要好十倍以上。

Researchers theorize that certain memory processes can happen only when we are asleep, and our dreams are a signal that these processes are taking place. We dream to forget. There are about 10,000 trillion neural connections within the architecture of your brain. They are created by everything you think and everything you do.

neural connections
神经连接

architecture
n.体系结构

研究者推断，特定的记忆过程 只有在我们睡着时才会发生， 而我们的梦是一个触发这些过程的信号。 我们做梦是为了遗忘。 在我们的大脑构造里 有大约一万兆的神经连接。 它们因所有你思考以及所做的事情而形成。

A 1983 neurobiological theory of dreaming, called reverse learning, holds that while sleeping, and mainly during REM sleep cycles, your neocortex reviews these neural connections and dumps the unnecessary ones. Without this unlearning process, which results in your dreams, your brain could be overrun by useless connections and parasitic thoughts could disrupt the necessary thinking you need to do while you're awake. We dream to keep our brains working. The continual activation theory proposes that your dreams result from your brain's need to constantly consolidate and create long-term memories in order to function properly.
1983年，一个关于梦的神经生物学理论提出逆向学习的概念， 该理论认为我们在睡觉时，尤其是在快速眼动睡眠周期时， 大脑新皮质会回顾这些神经连接 并清理掉那些不需要的部分。 如果没有做梦来产生这种 反学习的过程， 你的大脑就会因无用连接而过度运转， 同时无用的想法会干扰到你醒着的时候 所需要进行的必要的的思考。 我们为了保证大脑运转而做梦。 持续激活理论提出你做梦是由于 你的大脑为了有效运转 需要持续不断地巩固和创造长期记忆。

neurobiological theory
神经生物学理论

neocortex
n.新皮质，皮层

parasitic
adj.寄生的

consolidate
v.使巩固，使加强

So when external input falls below a certain level, like when you're asleep, your brain automatically triggers the generation of data from its memory storages, which appear to you in the form of the thoughts and feelings you experience in your dreams. In other words, your dreams might be a random screen saver your brain turns on so it doesn't completely shut down.
因此，当外界的输入低于一个特定水平时， 例如你在睡觉时， 你的大脑会自动地触发 它的记忆库里的数据形成， 而这些在你看来就是 你在梦里的想法和感受。 换句话说， 你的梦也许是一个大脑运转时的随机保护程序。所以大脑并不会完全停止运转。

automatically
adv.自然地，必然地

We dream to rehearse. Dreams involving dangerous and threatening situations are very common, and the primitive instinct rehearsal theory holds that the content of a dream is significant to its purpose. Whether it's an anxiety-filled night of being chased through the woods by a bear or fighting off a ninja in a dark alley, these dreams allow you to practice your fight or flight instincts and keep them sharp and dependable in case you'll need them in real life.

我们为了预演而做梦。 梦经常包含了危险和恐怖的情景， 而原始本能理论认为 梦的内容对于它的目的来说非常重要。 无论是一个在森林中被熊追着跑的紧张的夜晚 还是在幽暗的山谷中击退一个日本武士， 这些梦允许你锻炼战斗或逃跑的本能， 而且保证万一在现实中需要它们时，能保持一定的敏锐度和可靠性。

But it doesn't always have to be unpleasant. For instance, dreams about your attractive neighbor could actually give your reproductive instinct some practice, too. We dream to heal. Stress neurotransmitters in the brain are much less active during the REM stage of sleep, even during dreams of traumatic experiences, leading some researchers to theorize that one purpose of dreaming is to take the edge off painful experiences to allow for psychological healing. Reviewing traumatic events in your dreams with less mental stress may grant you a clearer perspective and enhanced ability to process them in psychologically healthy ways.

不过梦也不一定总是是非常不愉快的啦。 比如，梦到你魅力无限的邻居可能也会给你的生殖本能带来一定的锻炼。 我们为了治愈而做梦。 压力神经传导物质在快速眼动睡眠时期 会表现得非常不活跃。 即使是梦到关于受伤的经历， 这一现象导致研究人员推测 梦的一个目的是减弱不悦的经历所带来的痛苦 以达到心理治疗的目的。 在梦中以更小的精神压力回顾创伤性事件，可能会给你一个更加清晰透彻的看法，以及增强你积极乐观地面对它们的能力。

primitive instinct rehearsal theory
原始本能理论

ninja
n.忍者

dependable
adj.可靠的，可信赖的

neurotransmitter
n.神经递质

traumatic
adj.痛苦难忘的

enhance
v.提高，增强

People with certain mood disorders and PTSD often have difficulty sleeping, leading some scientists to believe that lack of dreaming may be a contributing factor to their illnesses. We dream to solve problems. Unconstrained by reality and the rules of conventional logic, in your dreams, your mind can create limitless scenarios to help you grasp problems and formulate solutions that you may not consider while awake.
有特定的情绪失常和创伤后精神紧张性精神障碍病症的人可能很难入睡， 这一现象导致一些科学家开始相信缺乏睡眠 可能是加重他们病情的一个因素。 我们为了解决问题而做梦。 在梦中，不受现实生活和常规逻辑的约束下， 你的梦可能会产生无限的场景 来帮助你把握问题 以及形成你醒着的时候完全不会考虑到的解决方法。

John Steinbeck called it the committee of sleep, and research has demonstrated the effectiveness of dreaming on problem solving. It's also how renowned chemist August Kekule discovered the structure of the benzene molecule, and it's the reason that sometimes the best solution for a problem is to sleep on it. And those are just a few of the more prominent theories. As technology increases our capability for understanding the brain, it's possible that one day we will discover the definitive reason for them. But until that time arrives, we'll just have to keep on dreaming.
约翰·斯坦贝克把它称为睡眠委员会， 而研究人员也已证实 做梦在解决问题上的有效性。 这也就是为什么著名的化学家奥古斯特·凯库勒 发现了苯分子的结构， 也是为什么有些时候解决一个问题的最好办法 就是睡一觉的缘故了。 这里也有一些更为突出的理论。 当科技增强了我们理解大脑的能力之后， 有一天有可能 我们会发现梦存在的真正原因。 但是直到那一天到来之前，我们仍旧需要不停地做梦。

limitless
adj.无限制的

formulate
v.制定，规划

demonstrate
v.证明，演示

molecule
n.分子

prominent
adj.重要的，著名的

definitive
adj.最终的，最好的