Attitudes towards daydreaming are changing in much the same way that attitudes towards night dreaming have changed. 人们对白日梦的态度正在变化，这与人们对夜间做梦的态度的变化非常相似。

Once it was thought that nighttime dreams interfered with our needed rest. But then researchers tried interrupting the dreams of sleepers. 人们一直认为夜间做梦打扰了他们所需要的的休息。后来，研究者试图打断睡眠者的梦。

They learned that sleepers who aren't allowed to dream loss the benefits of rest. 但他们获悉，不让睡眠者做梦，他们就不能从休息中获益。

They become tense and anxious. They become irritable. They have trouble concentrating. Their mental health is temporarily damaged. 他们变得紧张不安，烦躁易怒，精神难以集中，他们的精神健康受到了暂时的损害。

To feel well again, they must be allowed to dream.要恢复健康，就得让他们做梦。

Now researchers are finding that daydreaming may also be important to mental health. 现在研究人员正发现白日梦对心理健康也很重要。

Daydreaming, they tell us, is a good means of relaxation. But its benefits go beyond this. 他们告诉我们，白日做梦是一种很好的休息方式。但它们的好处并不仅限于此。

A number of psychologists have conducted experiments and have reached some surprising conclusions. 一些心理学家进行过实验，得出一些令人吃惊的结论。