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| **Story Title** | 5 Reasons Why We DREAM |
| Journey Origin | 5 Reasons Why We DREAM |
| Journey Destination | Tell the audience why do they dream. |
| No. of Moments | 6 |
| Text Segments | * 1. 5 reasons why we dream   2. A person who experiences unhappiness in their waking life may have fantastically blissful dreams as compensation.   3. Varying emotions cause new material to be constantly "weaved" into the memory of the dreamer in ways that help him cope with anxiety.   4. After your daily memories have been consolidated by your dreams, your brain gets a chance to refresh itself.   5. While we sleep, our brains continue to process issues of concern in our waking lives and constantly attempt to come up with solutions.   6. In dreams, your subconscious can uncover the wishes that your conscious mind has learned to repress. |

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