

## The Wonder Called Sleep

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Sleep is a state of unconscious rest. Our day's activities cause tiredness. A good sleep provides rest to our body and mind. When we sleep, our body recovers from exertion. This is the most obvious advantage of sleep.

Many things happen to us during sleep. We forget most of those happenings when we wake up. Sometimes we remember a dream. Our muscles relax more and more when we enjoy a sound sleep. Our heart beat becomes slower. Our blood pressure and temperature go down then. The brain also slows down. We cannot think or act consciously. These things become normal when we wake up.

Sometimes we dream during sleep. We forget most of our dreams by the time we wake up.

Dream is an important activity of the mind. It enables us to sleep even through noisy disturbances. Our dreams mostly reveal our problems. They can also provide a solution of the related problems.

But we must remember one thing. Dreams can never tell the future. Sleep has wonderful powers. It transports us into a strange land. We forget even our near and dear ones then. Sleep is the sweetest and most common experience. So it is rightly called a wonder.