

# A brain must be programmed to sleep

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Sleep evolved to aid memory. When something happens to us while awake all our brain circuits are on "read only" (really "mostly on read") in order to perceive the environment. Brain cells and brain circuits that have to do with short term memory are in a mode of "read some" and playback immediately so that we will be conscious. (read my other posts on consciousness for a fuller understanding).

When we sleep these same short term memory cells do not have to do the feedback needed for consciousness. Same with the perception cells.

Both sets and their circuits can now go into "record" mode. But without the real time playback we must be unconscious.

That this theory is correct is shown by certain observations. If you read material at night, you know it better in the morning.

This recording seems to be necessary for maintenance—that is to keep the brain attuned to reality. Without the recording during sleep of our recent evaluations of the environment our brains assessment mechanisms drift from the norm and schizophrenia results.

This explanation is simply saying that the brain uses the same sets of cells and neural networks for different functions at different times.

This is the type of parsimonious design we should expect from nature. Dreams are meant to match our emotional components to reality. I will explain later.