

Enter Sandman. Dreams explained.

“Mummy!!!!!!!!!!!!!!!!!!!!”

...comes the voice in the night.

It's Luke again. My eldest.

He's had another nightmare.

He isn't scared however, he just wants to tell me about it right there and then, despite the fact it is 3:45am and I am really quite tired.

I stand there, half awake, half asleep, and listen to him tell me all about the bizarre dream he has just had, I give him a hug and a kiss, settle him back down and trudge back off to my own bed. This scenario happens at least twice every week.

Luke has always had an 'active imagination' shall we say. He is creative (self labeled, but truth be told, he is really) and always has a story to tell so it is of no surprise to me that he has these vivid and, to be quite honest, bonkers dreams!

The most recent dream he told me about involved dogs.

Now, Luke is VERY scared of dogs after a rather large and boisterous one jumped up at him at our local wetlands centre, so when he said that dogs had featured in his latest one, I wasn't surprised.

The basic gist of it was that giant dogs were taking over the world. See, I told you he had a vivid imagination.

The dream involved all the important people in his life, me, his brothers, his daddy, his grandparents, my cousin and his friends. All of us were in danger, but nobody actually got hurt in it, thankfully.

Mummy apparently drove his little brother to his Nanny's house to stay safe whilst Daddy hid with his middle brother and Luke went with my cousin to a big Mansion which was red.

It was night time in his dream and the lights were on but these giant dogs were building machines so they could drain all the power from the world. Very handy with their paws these dogs... When they turned these machines on, the power in the world went out and everything was dark. It was Luke's job to try and stop the dogs and restore the power, despite him being petrified of dogs.

Phew.

It apparently ended when I came in his room and he isn't sure what happened in the end but he knew he was hiding under what he thought was a table and in actual fact, it wasn't a table at all but a dog.

I'd hazard a guess that Luke dreamt about these genius dogs because he is so petrified of them and we keep telling him to be brave when he passes one in the street. That's my inkling anyway. They say your real life fears and worries play out in your dreams and I am certain this is what's happening here.

These dreams are so vivid to Luke that he can always remember them. Maybe I should get daddy to stop playing Enter Sandman by Metallica in the house, it might not be helping... ☐

Do your children have vivid dreams or nightmares?

Say your prayers little one

Don't forget my son
To include everyone
I tuck you in, warm within
Keep you free from sin
'Til the sandman he comes
Sleep with one eye open
Gripping your pillow tight
Exit light
Enter night
Take my hand
We're off to never-never land
Something's wrong, shut the light
Heavy thoughts tonight
And they aren't of Snow White
Dreams of war, dreams of liars
Dreams of dragon's fire
And of things that will bite, yeah
Sleep with one eye open
Gripping your pillow tight
....

What do children's dreams mean?

[Adjustamatic](#) beds have recently teamed up with a chap called Ian Wallace, a leading dream expert, to produce a YouTube series to look into what is actually happening within our minds while we sleep. The first video delves into the magical and mysterious mind of a child and explains some of the more common themes of their dreams. Adjustamatic make a range of high quality adjustable beds and also [riser recliner chairs](#). Have a watch of this really interesting (and super cute) video to learn more about children's dreams...

Disclosure: This is a collaborative post.