



The dreams of pregnancy

Posted Sep 2nd 2007 12:04PM by [Roger Sinasohn](#)

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To sleep, perchance to dream... If you're pregnant, sleep now while you can because once the kid arrives, you'll sleep no more. Be aware, however, that your dreams will be a bit different than you might be used to. According to a [new study published in the journal SLEEP](#), "the conception and birth of a child are emotional events that influence the dreams of most new mothers."



Not only that, the new parenting dreams often focus on the worries that parents have, causing anxiety in the mother that sticks around even after they wake up. Dr. Tore Nielsen, the study's author concluded that "hallucinatory baby-in-bed nightmares and other vivid dreams of the baby in peril appear to arise normally in response to the acute maternal responsibilities and sleep fragmentation that are endured by new mothers."

So all that worrying in your sleep is perfectly normal. I know I've experienced [this sort of dream](#); has anyone else? What was your worst, scariest dream about your kids?

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1. I'm not sure if it's all hormonal, as adoptive parents have many of the same dreams.

2. When my oldest was to have his first shots I dreamt we were out on the rocky beaches that I grew up with looking at the waves come in. A larger wave than usual (they're not too big as the beaches are very steep and it's the Inside Passage) swept him out of my arms into the depths. I reached for him, diving towards him as he looked at me with all the expectations that I would retrieve him as he was so little and nothing in his world was terrible. Horrible horrible dream.

Posted at [3:14PM](#) on Sep 2nd 2007 by [Ethel](#)

3. When I was pregnant with my older daughter, I dreamed that I gave birth to a bird. A parrot, actually. It was quite beautiful, with green and blue feathers, and large wings (it was an adult parrot, not a chick or a parrot-lette or whatever baby parrots are called). I distinctly remember thinking, "How am I going to take care of a bird? I've never had a bird!" It was true - I have had just about every kind of pet except for a bird.

I'd never had a baby, either. Pretty clear, the meaning. New, uncharted territory, feeling unprepared, etc.

Now that I have two kids, I'm constantly "losing" them in my sleep. They'll be in peril and I won't be able to get to them - I'll be restrained somehow - or they'll be gone somewhere and I don't know where or how long they've been gone or if they're ok. It freaks me out, and usually takes me forever to get back to sleep when I wake up in an adrenaline rush.

Amy @ <http://prettybabies.blogspot.com>

Posted at [10:13PM](#) on Sep 2nd 2007 by [Amy](#)

4. It is definitely NOT solely hormonal. I spent the first 4 weeks after adopting twins waking up convinced I had 1) rolled over on one of them and/or 2) dropped one of them off the side of the bed - regardless of the fact that both were safely sleeping in a bassinet. I thought it was just me until my husband confessed he had apparently spent an entire night holding a pillow very carefully to his chest, thinking it was one of the boys.

Posted at [12:52AM](#) on Sep 3rd 2007 by [CLM](#)

5. I had a really creepy dream the night after I had my son....I dreamed that there was a second newborn, a girl, and she was floating there in front of me, kind of like a ghost, telling me "It's ok Mommy, I love you, I'm safe." To this day that dream freaks me out so bad I get chills and the hair stands up on my arms. I don't know if it was exhaustion from just having given birth, or if it was hormonal...but it was really weird!

Posted at [8:27PM](#) on Sep 3rd 2007 by [Sabrina](#)