

## [Sleep Troubles/Blessings](#)

Tuesday, March 4, 2008 at 10:06pm

In general, I really enjoy sleeping and dreaming. Good thing I do, because I spend a third of my life doing it.

I am a very deep sleeper. Once I'm out of er', which rarely takes much effort once I decide to hit the sack, it takes a **lot** to wake me up. I have two alarm clocks: One to pinch me awake beside the bed—an annoying high-pitch bell, and one to make me get up out of bed that's a droning "bleep, bleep, bleep" placed at the opposite end of my bedroom so that I *have to* get up to shut the damned thing off. I remember, when I was younger, that my parents had assigned the grueling task of waking me up on school mornings to my sister. She pretty much did the ritual of coming in quietly, tugging on the blankets and telling me it was time to wake up. After a bit of that it progressed to flicking on my bedroom light and yanking off the blankets. Then came the dog. Molly loves to "Go see Andrew" in the mornings. She's a medium-sized mix of German Shepard and Black Lab who barks particularly loudly and loved jumping on my face. Only then would I start to wake up and stretch...I think any cheating girlfriend or party-going kids of mine will take full advantage of this fact =)

I remember being told that as a child, I once fell asleep on a sofa in our entertainment room one evening while mom vacuumed a small mess one of the guests had made. She only noticed me after 5 minutes, but didn't really stop because I didn't even wake up. She buzzed the vacuum past me a few times and I didn't so much as turn around. This is while several people in the room, within arm's reach were laughing heartily all night long. I also talk in my sleep and on a rare occasion I'll sleepwalk. An upside though: I don't snore.

What got me to writing this is because a nightmare woke me up from 3 hour nap just earlier. It seems like I get more than my share of bad dreams as of late. Mind you, it was a good that I woke up, otherwise I'd have slept until 3 AM, further screwing up my sleep cycle.

I've been having very vivid dreams every night for as long as I can remember, and I think the pleasant/unpleasant dream ratio is of about 5:7. In other words, I have about two nightmare nights per week. This is where my imagination works *against* me. I dream up some pretty wild shit. I really miss the old days of dreaming of being pushed off a building and having that exhilarating, gut-wrenching freefall feeling and waking up just before I went *splat*. Nowadays, I don't wake up, and I actually do go *splat* and feel a lot of weirdness, and that's just a transitional dream between the actual ones, like a commercial or something. I'd never publicly share my dream logs though. Sorry kids.

My dreams tend to be strongly associated with sound. I remember songs, screams, sounds from any person/creature. I'm certain my dreams are in color, against what I hear humans dream in. I'm also semi capable of [lucid dreaming](#). I'm aware that I am dreaming while I sleep. I will sometimes feel like repeating dreams until I'm satisfied with their outcome,

but I can't control it more than knowing what's going to happen, and getting my characters (or self) braced for it. If I feel like it, I'll change worlds and start on something completely different, not knowing what's coming next.

I think dreams have the potential to say a lot about one's subconscious, but I don't really adhere to current mainstream dream interpretation books. I think they're for the people who actually believe astrology and tarot cards. I believe in the immeasurable power of the human mind that we have yet to unlock—I just think it's a shame I won't be around long enough to learn from dream research.

*"... yet in one dream I can compose a whole Comedy, behold the action, apprehend the jests and laugh my self awake at the conceits thereof;" —Sir Thomas Browne (1605–1682), Religio Medici*



[Ysabelle Vautour](#) at 12:32am March 5  
you wont be around cos c sa tu creuve tu? lol



[Valerie Arseneau](#) at 9:25am March 5  
I remember when I was younger, I had many odd/scary dreams often. It was like a weird period I hit. I'd have them on a regular basis and quite often. The only way I could escape them is if I would blink continuously until I would wake up. It worked for me. hehe.



[Alana Chuchmuch](#) at 9:35am March 5  
interesting... I'm so glad I'm not sleeping anywhere near your bedroom right now with TWO alarm clocks.... I can barely stand one going off. I am a heavier sleeper once I'm asleep but I have an internal clock that lets me hear an alarm clock and such.... but I must have music, as I can't stand the beep, beep, beep.... I seriously was surprised that you couldn't wake up to that!



[Pierre-André Doucet](#) at 1:18pm March 5  
MOI ITOU J'ESSAIE DE RÉPÉTER MES RÊVES JUSQU'À CE QUE J'SOIS SATISFAIT!!! :O



[Kim Harrie](#) at 8:42pm March 5

I've been having a lot of bad dreams lately too, about two a week. And now that I live by myself, with no roommate, I find it's really hard to get back to sleep afterward, because I tend to let them get the best of me. Also, I have a class about my phobia: death. The bad dreams have definitely increased as a direct result. Irony: I give a presentation about that tomorrow.