

SOURCE: [Lots of vivid dreams/nightmares each night and waking up after REM cycles : r/vaccinelonghaulers](https://www.reddit.com/r/vaccinelonghaulers)

### [DiverTypical8936](#)

OP • [4y ago](#) • Edited 4y ago

Anyone having sleep disturbances? This was how my sleep was like last night... I literally woke up after every freaking REM cycle.. and each dream was also so vivid, or slightly stressful. Lots of plane crash nightmares lately too.. I've been finding it hard to get a good rest due to this, as often as soon as I'm awake my heart starts racing. Feels like my head is a bit messed up right now... I know it's normal to have around 3-5 REM cycles per night but I don't think you're supposed to wake up from each of them... so I'm suspecting maybe I'm getting adrenaline dumps after each REM?

EDIT: so my period finally arrived last night after being really delayed. RHR dropped to 66 and although i still woke up a few times during sleep they did not come with scary HR spikes and palpitations.. hormones really aggravated my long haul symptoms I must say... dreading the next cycle already..

This is exactly what I'm going through! I wake up from the vivid dream with my heart racing so badly that it's starting to scare me. It's happening almost every night.

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**enaldicode** • 4y ago

This is exactly what I'm going through! I wake up from the vivid dream with my heart racing so badly that it's starting to scare me. It's happening almost every night.

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**DiverTypical8936** OP • 4y ago

I'm trying to stay calm each time I wake up and do breathing exercises, it stops the heart rate going too high, but then it can be hard to fall back asleep.. how long has it been post-vaccine for you?

⊖ ↑ 4 ↓ 🗨 Reply 🏆 Award ➦ Share ...



**enaldicode** • 4y ago

I'm trying to do the same. I'll put in ear buds and listen to something on Insight Timer to get back to sleep.

I'm about 4.5 months out from the second shot.

↑ 4 ↓ 🗨 Reply 🏆 Award ➦ Share ...



**[deleted]** • 4y ago

sounds like serotonin issues to me tbh

would get blood work done personally

⊖ ↑ 2 ↓ 🗨 Reply 🏆 Award ➦ Share ...



**ayjin\_1996** • 4y ago

Can you elaborate? Why serotonin?

And what exactly would you examine in the blood?

↑ 1 ↓ Reply Award Share ...



**fnetv1** • 4y ago

You might want to get into meditating. There is an art called "lucid dreaming" where the person is able to control their dreams and have fun while they sleep. Since you already get many REM sessions where you wake up immediately, you have the opportunity to recall your dreams and document your progress. By learning to control your dreams, you can eliminate all of your nightmares and be in more control of your dreams.

For starters, when you go to bed, you can lay down flat, very calmly, start meditating, thinking about positive things, and suppressing to the best of your abilities any negativity that your mind might bring out, and you would probably have a higher chance of not having any nightmares in any of your vivid dreams.

⊖ ↑ 3 ↓ Reply Award Share ...



**DiverTypical8936** OP • 4y ago

Thank you for your suggestion! It's a good one, if I can take this to my advantage and have happy dreams that would be awesome. I'll look into this!

↑ 2 ↓ Reply Award Share ...



**EverisMagus** • 4y ago

1 year

Not really. Sleep is the only peace I can get and usually after waking up I feel /normal/ for about half an hour until everything kicks in again.

⊖ ↑ 2 ↓ Reply Award Share ...



**DiverTypical8936** OP • 4y ago

Ah I can't wait for the night I can sleep soundly..

↑ 1 ↓ Reply Award Share ...



**[deleted]** • 4y ago

Oh yes I definitely have had my fair share of waking up randomly in the middle of the night and also being woken up from my heart pounding.

I typically will wake up between 1-3am or 4-6am randomly. It has been a lot better than before since I'm 6 months out I'm feeling more and more normal but there are nights when it does happen again.

It use to be every single night and now it's more like 1-2x per week.

How many months are you out?

My supplement stack is fish oil, vit E, D, B5, C, and sometimes quercertin or turmeric.

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**DiverTypical8936** OP • 4y ago

I see, I am 3 months post vaccine now, I do notice it happening a little less frequently, but very slowly. Initially maybe every night I would wake up every 1-2 hours, now I get 1-2 nights a week where I only wake up once in my sleep. But lately I've been PMSing and it threw everything off-balance.

↑ 1 ↓ Reply Award Share ...



**eccentricgardener** • 4y ago

Have you seen this paper? <https://pubmed.ncbi.nlm.nih.gov/33588262/>

⊖ ↑ 2 ↓ Reply Award Share ...



**DiverTypical8936** OP • 4y ago

Thanks for sharing! It's interesting how vaccine long haulers get pretty much the full range of side effects that long covid haulers get.. I do notice small muscle twitches here and there during the day, I wonder if that's the problem for me during sleep.. I don't think I have sleep apnea though, my oxygen variations have been low. thank you for sharing!

↑ 1 ↓ Reply Award Share ...



**tggusta** • 4y ago

1.5 years

I've definitely had more than usual over the past few months, but was thinking it might just be a side effect to my medications / stress. Are you taking any medications?

⊖ ↑ 1 ↓ Reply Award Share ...



**DiverTypical8936** OP • 4y ago

I noticed waking up a few times in the night from dreams the second night after I took vaccine 2, I remember this because I was the type of person who used to go to bed, close my eyes and the next thing I know it's morning..or sometimes midday 🤪 I wasn't taking any meds, right now I'm taking magnesium, calcium, and vitamin D. Some nights are alot worse, some are better, but never a full night with no awakenings. I did a search through the covidlonghaulers sub and this seems to be quite a common phenomenon there..

↑ 5 ↓ Reply Award Share ...



**pinkapr** • 4y ago

Yes, boyfriend is dealing with this (I suspect). I don't have a way to check the REM. Do you do this with the Apple Watch?

1 Reply Award Share ...



**DiverTypical8936** OP • 4y ago

I have a Fitbit versa2 and it has some interesting sleep breakdowns! Also logs oxygen variation during sleep, and heart rate.

2 Reply Award Share ...



**stefani7281** • 4y ago

My dreams have been insane lately. Nothing bad just very vivid and a couple times woke up laughing. I got my first shot three weeks ago.

1 Reply Award Share ...



**DiverTypical8936** OP • 4y ago

I remember pretty much all my dreams now compared to before...I wonder if I can take this opportunity and have more happy dreams haha

2 Reply Award Share ...



**stefani7281** • 4y ago

Yeah definitely!

1 Reply Award Share ...

**SOURCE: [People have been having wild dreams after getting the covid vax. A sleep expert explains why. : r/EverythingScience](#)**



**HappyPixie** • 4y ago

I normally have intense, vivid, colourful dreams. I also get a lot of nightmares and night terrors. Dreams that seem so real they seems like I actually lived the experience and imprint as memories. So weird. Given my normal dreams are beyond the norm, I would have expected not to notice any difference if the vaccine affected my dreams but the first two nights after my booster and holy moly! I noticed! Detail and vividness amped up even more which I didn't think was possible and the colours! Like nothing I have ever seen before. Especially the second night.

↑ 1 ↓ Reply Award Share ...



**sykkiller11** • 5y ago

I almost never dream that I can remember after I wake up. After my second shot I had vivid dreams about looking for my car. They resumed when I went back to sleep and happened two nights in a row.

⊖ ↑ 7 ↓ Reply Award Share ...



**wrongfaith** • 5y ago

Did you find the car? Did the state of the car (lost vs found) carry over from one night to the next, like a book where you "picked up where you left off"? Just curious!

⊖ ↑ 4 ↓ Reply Award Share ...



**Skillfulskittles** • 5y ago

also curious!

⊖ ↑ 1 ↓ Reply Award Share ...

⊖ ↑ 1 ↓ Reply Award Share ...

⊕ **sykkiller11** • 5y ago



**sykkiller11** • 5y ago

I would find the car and then lose it again. Once I wandered off with a cute blonde and once I went looking for a bathroom. Then the car wouldn't start and I had a long drive ahead. Truly bizarre for me.

↑ 1 ↓ Reply Award Share ...



**BogartingtheJ** • 5y ago

Did you get a "Dude" or "Sweet" tat after the dream?

↑ 2 ↓ Reply Award Share ...



**PLUTO\_HAS\_COME\_BACK** • 5y ago

How is it now? Still the same dream?

⊖ ↑ 2 ↓ Reply Award Share ...



**sykkiller11** • 5y ago

No more, thank goodness.

↑ 2 ↓ Reply Award Share ...



**Gamer651** • 4y ago

After the Second Shot I had a dream about these huge worms crawling into me that almost look liked but some kind of red-candy/flat/worm-ish that can be really seen and whenever you try to touch them under your skin they try to run away and or move to another location and you can really feel them moving, it was all over my body, inside my stomach, around my arms, around my head I can see them through the mirror, I tried to forcibly remove one around the back of my head and I gave up halfway through seeing how much damage I was causing to myself and the seemingly gaping hole it will leave if I do commit to removing this huge worm creature, so I panicky went outside, I didn't have time to prepare my stuff, bring my money and essentials and all that, I quickly went to the road waiting for cars as I fall to the ground to my knees as I cry and beg for help from the pain, I saw a Jeepney, in our country the Philippines we have this old transportation back in WW2 as a cheap way to commute, I called out, there was one other passenger that went in and it gave me a chance to also go in but the backside is full so I had to sit near the driver, I was slow at first so it gradually left me but at the end I ran for it with all my effort and grabbed onto some kind of pole, I had to use all of my body effort to pull my weight, and it was really really heavy to climb in. Once we reached the hospital I ran through the E.R and asked for help, I had to wait for around 5 minutes and then they took me in for surgery, and then I was in a third-person kind of perspective and I see my body, my open stomach the surgeon removing one by one these big worms, and my arms. It felt sudden and now they are celebrating, but they forgot about the worms on my head. And then I woke up very confused, with a mild headache quickly checking my head, my arms for any kind of abnormality. And now I am here.

2 Reply Award Share ...



**sykokiller11** • 4y ago

I think I'd prefer the dream where you show up at school with no pants!

1 Reply Award Share ...



**giantgummy\_lizard** • 4mo ago

That's too scary!!!

1 Reply Award Share ...



**14MTH30n3** • 5y ago

Just the vaccine reprogramming your brain as per instructions. Nothing to worry about here.

4 Reply Award Share ...



**MarcelineMSU** • 5y ago

It's the chip they warned us about! /s

2 Reply Award Share ...



**Skillfulskittles** • 5y ago

remind mebot! ten days

2 Reply Award Share ...



**AJcraig28** • 5y ago

I had a dream that I was James Bond. Which seemed to me like a dream come true. But as this "James Bond" I was a sadistic and heinous serial killer.... I was aware in the dream that I was myself, who had woken up as Bond, but the Bond I woke up as was an awful person.... Taught me how little we know people unless we live as them. Then I woke up. What the F man!?


2 Reply Award Share ...



**peterthooper** • 5y ago

I didn't get any. I guess the Gates microchip wasn't put into the doses I received, so I'm not receiving messages from Our Overlord.

2 Reply Award Share ...

 **spoobydoo** • 5y ago



**Maloninho** • 5y ago

I have occasional vivid dreams. When I was on Chantix I would have them every night. I just got my second dose yesterday, but no dreams I noticed.

 1   Reply  Award  Share ...



**flower4000** • 5y ago

I very rarely have/remember dreams, but since my shot I'm waking up in the middle of the night with straight up painful dreams. Like I wake up after having my skull crushed and then I have one of the worst headaches ever.

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[deleted] • 5y ago

Nope, after the first one a sore arm but ibuprofen made quick action of that, zero issues with the second shot, not even a sore arm, I wouldn't have known I even had it.

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MarcelineMSU • 5y ago

I've always had vivid dreams but I am remembering them for longer

1 Reply Award Share ...



Anonymoousss • 4y ago

I had one where it's so ridiculous that I wondered if I'm born in the wrong universe in the dream itself. A pregnant woman coughing out a 3 inch fetus is still considered tame for my dream, just goes to show how weird it is.

1 Reply Award Share ...



Rolifant • 4y ago

I had this after both shots. Very weird dreams indeed. Only lasted a few nights.

1 Reply Award Share ...



Coco\_lui • 4y ago

I've been having dreams of huge tsunamis engulfing the world and nuclear bombs being dropped wtf if this vax really doing to

1 Reply Award Share ...



cheshiredormouse • 4y ago

I have COVID at home and I woke up after whole night of chasing a Tasmanian Devil which was biting my hands. I woke up with hands hurting from unexisting scratches.

1 Reply Award Share ...

SOURCE : [Vivid dreams after vaccine? : r/CovidVaccinated](#)



**r/CovidVaccinated** • 5y ago  
Own-Willingness-6888



## Vivid dreams after vaccine?

### Question

I had my second dose of Pfizer 2 days ago and apart from a sore arm I had no notable side effects thankfully. However, the past 2 nights i have woken up so scared from some really vivid and violent dreams I've never experienced before. Like I was literally trying to beat someone to death in both. It was super scary and again so unlike me because I'm in no way a violent person. I googled if this could be a side effect of the vaccine and got some articles where people had reported this. Wanted to see if anyone else has had this happen since they got their shots? It really disturbed me and I hope they stop!!!



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**Jmax2020** • 5y ago

So you get them constantly ? I've had them but very rare. One of the main ones I can remember is being on a lake or somewhere on a small canoe and something fell in the water and I had to stick my hand in it and an alligator or crocodile bit my arm. I woke up after the bite

Another one was when I was sleeping and it felt like something was pulling me off of the bed. I woke up in pain throughout my body. I was actually going to write about that one here on Reddit to ask why this was happening.



**Own-Willingness-6888** OP • 5y ago

Well i just got my second shot 2 days ago and the 2 nights since then I've had these dreams. I've just never had such violent amd vivid dreams so I was wondering if it was related to the vaccine. I'm hoping they don't become constant! But yeah yours sound crazy too!



**soylamulatta** • 5y ago

I have had extremely vivid dreams after my 2nd dose of moderna. I've been waking up multiple times throughout the night after these dreams. This is in no way normal for me.



SOURCE: [Weird Dreams : r/Covid19VaccineRats](#)



r/Covid19VaccineRats • 5y ago  
Vazquiz



## Weird Dreams

Has anyone experienced very weird or out of normal dreams after receiving the vaccine? I'm not saying it's the vaccine but I have been able to remember my dreams and how terrifying they are. Stay safe y'all!

↑ 15 ↓

🗨️ 7

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whatisit84 • 5y ago

I had very vivid dreams after both doses. Only lasted a night or two each time.



↑ 5 ↓

🗨️ Reply

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Vazquiz OP • 5y ago

So I really had back to back nightmares... I haven't had a nightmare in a couple years but after the vaccine I got a sense of drowsiness and fell asleep. I woke up from a two hour nap sweating and breathing heavy. After I get my second dose I'll give an update.

↑ 3 ↓

🗨️ Reply

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princesslindy • 5y ago

Yes really bad nightmares after the shot. Like horror films. But I tend to have intense dreams.

↑ 1 ↓

🗨️ Reply

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jeaniebean92 • 5y ago

I've had some rather awful nightmares lately too. Some involving axe murders and one crazy one where one of my legs died. I assume those were from getting too hot at night since my area is getting summer like temperatures.

↑ 1 ↓

🗨️ Reply

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**cricket-ears** • 5y ago

This happened to me when getting vaccines before. I had vivid dreams after each rabies vaccine I had last year. I'm pretty sure it's harmless side effect from a heightened immune response. This happens when I'm sick too.

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**SublimeS0u1** • 5y ago

Yes!!! I had my second Pfizer shot last Saturday, and I've been having very vivid, weird, and sometimes disturbing dreams.

↑ 1 ↓ [Reply](#) [Share](#) ...



**jammibin** • 5y ago

Yeah! Really crazy stuff that felt very real (not the circumstances of the dream but the dreams were just very vivid). I also had trouble figuring out what had actually happened in real life and what had not happened (things like texting people, having a conversation, going outside to cool off). I think it was just associated with having a high fever.

I've had similar side effects from malaria prophylactics so it was as jarring, but still has had me a bit disoriented.

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SOURCE: [Really LONG and VIVID dreaming after vaccine \(J&J\) : r/CovidVaccinated](#)



r/CovidVaccinated • 4y ago  
SILE3NCE



## Really LONG and VIVID dreaming after vaccine (J&J)

J&J

I still have a massive headache, but what shocked me the most was that I dreamed all night long, I even woke up and went right back at the dream I was. I felt like I was going back and forth to another dimension. And I'm the sceptic guy, always, and I still believe this is just a secondary effect.

I'm aware we dream more when we're sick, but this is something different. I remember 100% of the dream, which is weird, specially numbers and more technical stuff which I should not remember.

I wonder if anyone had a similar experience and would like to talk about it.



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⊕ **AutoModerator MOD** • 4y ago • 📌 Stickied comment



[deleted] • 4y ago

Didn't have that experience. Makes me wonder what they put in your shot.



shillyshally • 4y ago

This happened to me a few weeks after the first Pfizer shot. It was wonderful!



SILE3NCE OP • 4y ago

It was wonderful!

Yep, that's kind of my feeling. That was an alternative timeline, but it could pretty much be real. It made sense.




shillyshally • 4y ago

My dreams were opium like, very intense. One was an entire mini-series and the others were movies.



SOURCE: [Introduction! : r/a:t5\\_3t0jze](#)

←  r/a:t5\_3t0jze • 5y ago  
xfatdannx

...

## Introduction!

I couldn't find anywhere where people we're sharing stories of their wild dreams caused by Covid-19 or the vaccine. After looking around and coming up empty, I decided to start this sub. If you have something to share, go ahead. This will be labeled as NSFW, so anything that comes up, that you are WILLING to share, is fair game. Look forward to the discussions!

↑ 2 ↓

🗨️ 5

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**WeareElliot** • 5y ago

Weird that there is no bigger sub for this topic. Many people described having Bizarre and vivid dreams after the vaccine. I lately (after my second shot) started noticing that my dreams are real crazy. I remember them way better than usual and they are real deal crazy. It honestly it'll be so hard to even try to describe one. It's like this salad of things. To simplify it, I see a lot of war related stuff. Tanks for example. Meet people that I don't usually dream of. Thankfully they are enjoyable! I wake up feeling quite happy cause I feel like I just had a great experience that I'm grateful for. Haha



↑ 2 ↓

🗨️ Reply

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**xfatdannx** OP • 5y ago

That's neat. I still continue to have more vivid dreams than prior to vaccination and I've been full vaccinated since Jan.



↑ 2 ↓

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**WeareElliot** • 5y ago

Wow! Do you feel like it's a positive thing?



↑ 1 ↓

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**xfatdannx** OP • 5y ago

Mostly but not 100%. I've also noticed I was aware I was dreaming while still in the dream...even been able to manipulate them slightly, just small things though. For instance I saw my sister, who passed at the end of 2019, and I knew the real world stuff so I stopped and gave her a hug right before waking up...that could be good or bad depending on how you see it I guess.



↑ 2 ↓

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**WeareElliot** • 5y ago

Oh wow! That's quite significant! With some training you can have full on lucid dreams like that! Let's see where this takes us lol Sorry for your loss ❤️

↑ 2 ↓

🗨️ Reply

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...

SOURCE: [Horrific nightmares after first Moderna shot? : r/CovidVaccinated](#)



r/CovidVaccinated • 4y ago  
Coliebolie



## Horrific nightmares after first Moderna shot?

Moderna

I am 26F, and got my first Moderna shot yesterday at around 5 pm. I felt fine, my arm didn't even hurt much so I was happy with the experience up until I went to bed. I was getting the most scary flippin dreams of my life, oh my lord. I actually ended up phoning my mother at 2:00 am crying because I had numerous dreams about her dying and they all felt so real. I almost never get nightmares and never to this caliber, they're usually about screwing up a presentation at work or something like that, but these were hella violent and I was getting them repeatedly through the whole night! I was waking up crying, and I even checked my temperature a few times during the night but I didn't have a fever. But every time I woke up from one, as soon as I fell back asleep I was plunged right into another terrifying dream. Please tell me this doesn't last beyond the first night?? Nobody warned me about this side effect and nobody I know has experienced this so I'm kind of spooked here, I'm afraid to go to bed again tonight.

**Edit** So it was just a one night thing for me, last night I slept perfectly fine normally without any nightmares. It was a bit of a strange side effect but I'll definitely be getting my second dose when it's time and I know now that while this could happen again, it's temporary. Apart from the violent nightmares my arm was a bit sore for 36 hrs but that was all I ended up with otherwise so it wasn't a bad experience overall, just a bit unexpected. **I will say that I trust these vaccines completely and I would never discourage anyone against getting their shot, it's extremely important and we need as many people as possible to get fully vaccinated to get back to normal.** But if I had known that they can sometimes cause nightmares in some people, I might have felt a bit more prepared.

↑ 37 ↓

💬 28



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**MoneyOwl** • 4y ago • Edited 4y ago

Both me and my partner had weird scary dreams the night we got the Pfizer vax. So weird!!!! Thankfully only a one night experience but really made us step back.

⊖ ↑ 14 ↓ Reply Award Share ...



**Coliebolie OP** • 4y ago

Good to hear! I get weird dreams from colds and flus so it kind of makes sense if my immune system is in overdrive rn, but I wasn't expecting frightening dreams??? Normally they're weird but not scary. But I'm glad I'm not the only one and I'm happy yours only lasted one night

↑ 5 ↓ Reply Award Share ...



**tokenECEchick** • 4y ago

I had Pfizer and the night after I got the second dose, I had nightmares. I looked at my Fitbit data and my resting heart rate was like 80 that night lol. It's usually around 66. Think it was a combo of light fever and inflammation. All good now!

⊖ ↑ 3 ↓ Reply Award Share ...



**Coliebolie OP** • 4y ago

Interesting! My Apple watch has been recording a higher resting heart rate than usual for me too

↑ 3 ↓ Reply Award Share ...



**Bastet999** • 4y ago

Damnit! This is the one thing I wanted to have (it's so rare for me to have nightmares, and when I do it's always the same crap: the moon is falling (last time was kind of a lucid dream because I thought: oh geez, again this dream, and woke up immediately). But no, nothing for me, only a stupid sore arm that I can get by myself if I do some exercise. 😞

⊖ ↑ 2 ↓ 🗨 Reply 🏆 Award ↗ Share ...



**Coliebolie OP** • 4y ago

Lmao, maybe you need to get yourself a fever! That always causes weird dreams for me.

↑ 2 ↓ 🗨 Reply 🏆 Award ↗ Share ...



**mad\_method\_man** • 4y ago

I got weird dreams (like really weird) from the first shot and insomnia from the second. Both 'side effects' lasted about 5 days. But it couldve just been unresolved anxiety from the vaccine and life.

⊖ ↑ 5 ↓ 🗨 Reply 🏆 Award ↗ Share ...



**Coliebolie OP** • 4y ago

Dang 5 days? I hope mine doesn't last that long bc I was hardly able to sleep

⊖ ↑ 4 ↓ 🗨 Reply 🏆 Award ↗ Share ...



**mad\_method\_man** • 4y ago

yeah, first few days, i got only 1-2 hours of sleep, it started getting better at day 4, but thats because i took 2 shots and passed out. from my experience with insomnia, better sleep = less crazy dreams

↑ 1 ↓ 🗨 Reply 🏆 Award ↗ Share ...



**Loraida326** • 4y ago

The night after my first Moderna I had some very weird vivid dreams as well. Only that first night. After second shot I had a bit of insomnia the first night. It goes away... I think it is part of the immune response.

1 Reply Award Share ...



**Coliebolie OP** • 4y ago

Thanks for sharing, good to know so many people only experienced it for the first night.. That's a huge relief

1 Reply Award Share ...



**[deleted]** • 4y ago

1st night on 2nd moderna, I had weird dreams. I'm on day 10 , and the headaches won't go away.

1 Reply Award Share ...



**Coliebolie OP** • 4y ago

I'm sorry to hear about your headaches, I hope they resolve soon

1 Reply Award Share ...



**Independent-Ad-1497** • 4y ago

The chances you remember this are minimal, but maybe it'll help. If you ever find yourself in a "nightmare" scenario, close your eyes, tell yourself "if this is a dream I will wake up when I open my eyes" If you actually were asleep you'll wake up when you open your eyes. If you don't wake up, then you aren't asleep.

1 Reply Award Share ...



**Coliebolie OP** • 4y ago

I guess the good news about my nightmares is they were so scary they were waking me up lmao. I could hardly stay asleep because the nightmares were so jarring I'd get startled awake constantly, so feeling like I was stuck in them wasn't an issue at least. But I'll keep this in mind in future if I get had nightmares again!



↑ 1 ↓

Reply

Award

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**Independent-Ad-1497** • 4y ago

Yeah you can't go right back to sleep after waking up from a nightmare and not expect the nightmare to continue. Your brain, both consciously and subconsciously, will be pre-occupied with the nightmare, making the likelihood you have another nightmare high. Personally, I take 20-30 mins to read some of the Gospel of Mark, as I find that calming, and it makes my brain think of something other than the nightmare, and then go back to sleep. But of course you can find your own thing.

↑ 1 ↓

Reply

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**IDontAgreeSorry** • 4y ago • Edited 4y ago

No, can't relate. My dreams always were and still are vivid and no nightmares pre nor after Pfizer vaccine. Maybe you watched a scary movie or are feeling unwell/have anxious thoughts or something which influence your dreams? I mean I really can't see how there could be a tie between a vaccine and nightmares, except for a persons anxiety.

"Nobody warned me about this side effect" because it most likely isn't a side effect, but a coincidence. That's like blaming a loud fart on the vaccine.



↑ 1 ↓

Reply

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**Coliebolie OP** • 4y ago • Edited 4y ago

Actually I looked around online a bit yesterday and a few medical experts did say (in trustworthy news articles mind you, these weren't random sources) that the immune response can cause weird dreams in some people. And it makes sense because you can get kind of feverish which is known to cause weird dreams. I've never in my life experienced nightmares like that before, they were so unusual for me. I also was absolutely not hesitant to get the vaccine and I trust their safety completely, I was just caught off guard by it because I wasn't expecting it to happen. But last night I slept completely fine with no nightmares, so it must have just been a weird response my body had. I'm in no way trying to blame random problems on a vaccine, and I would encourage anyone and everyone to get their shot regardless of my experience. I was just a bit freaked out because it was such an intense experience

↑ 1 ↓ Reply Award Share ...



**[deleted]** • 4y ago

Probably unrelated. Did you stay up to late or have a irregular sleep schedule?

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**Coliebolie OP** • 4y ago

Nope, went to bed on time, nothing was different for me that day. I do get strange dreams when I get sick so it could have just been a weird response to my immune system ramping up, but it was unlike anything I've ever experienced before because my dreams get weird when I'm sick but not so horrifying or violent. It only lasted the one night though!

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**[deleted]** • 4y ago

Yeah probably just an immune response. Though it's weird that you checked your temperature and there was nothing wrong.

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**Windiigo** • 4y ago

Hey, same but had my second my pfizer shot recently. I have a fever and severe muscle cramps , plus there's a heatwave so great conditions for interrupted sleep and nightmares. I recall seeing an evil figure trying to aim a pistol on me.

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**Coliebolie OP** • 4y ago

That sounds rough! I hope you feel better soon

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SOURCE: [Vaccine nightmares . Did you really get it done!? : r/CovidVaccine](#)



r/CovidVaccine • 4y ago  
Alfred-Creepone



## Vaccine nightmares . Did you really get it done!?

Sleep specialists are hearing stories like this from their patients.

"We're seeing a lot of anecdotal reports," says Dr. Dan Shade, a sleep specialist at the Allegheny Health Network. "The literature really doesn't support this right now, but it's early."

After immunization, or with a COVID infection, or just during the pandemic in general, Dr. Shade says his patients have commented on bizarre dreams.

"Along with a lot of viral or serious illnesses, is that it really affects the sleep wake cycle," he explains.

He doesn't have a precise explanation, but guesses it has something to do with poor sleep from the anticipation of side effects.

"They're expecting to experience fever, muscle pain, headache and they're probably not sleeping well," he says. "The most common reason we remember dreams is our sleep is disrupted."

Whether the immune response is reacting with brain cells, it's too soon to say.

"We're going to look back on the data years from now, and you know what, these dreams weren't just PTSD, there was actually a physiologic cause for it," says Dr. Shade.

If a booster dose is needed in the future, the intense dreams won't stop Richard. "

Ventilator versus feeling a little bad, a bad dream. I'm sorry, but I'll take that tradeoff," he says.

Severe illness with COVID would be the bigger nightmare.

More explained watch this link for reallzzz <https://go.menjelajahi.com/FFn9sUNa>