



yǎn zhù
魇住

verb · to be trapped in a nightmare

Example Sentences

tā zuó wǎn bèi yǎn zhù le yī zhí hǎn bù chū shēng
他昨晚被魇住了，一直喊不出声。

He was trapped in a nightmare last night and couldn't shout out.

yǎn zhù de gǎn jué jiù xiàng shēn tǐ dòng bù liǎo
魇住的感觉就像身体动不了。

The feeling of being trapped in a nightmare is like being unable to move your body.

tā jīng cháng bèi yǎn zhù suǒ yǐ shuì qián huì tīng qīng yīn yuè fàng sōng
她经常被魇住，所以睡前会听轻音乐放松。

She is often trapped in nightmares, so she listens to light music to relax before sleep.

Trace each character, then write the word on your own.

魇 魇 魇 魇 魇 魇 魇 魇 魇 魇 魇
魇 魇 魇 魇 魇 魇 魇

住 住 住 住 住 住 住 住 住 住