



yǎn mèi
魇寐

noun · nightmare sleep

Example Sentences

tā zuó yè yǎn mèi shuì de hěn bù ān wěn
他昨夜魇寐，睡得很不安稳。

He had a nightmare sleep last night and slept very restlessly.

yǎn mèi cháng ràng rén xǐng lái hòu gǎn dào pí bèi
魇寐常让人醒来后感到疲惫。

Nightmare sleep often leaves people feeling tired after waking up.

zhōng yī rèn wéi yǎn mèi kě néng yǔ xīn huǒ wàng shèng yǒu guān
中医认为魇寐可能与心火旺盛有关。

Traditional Chinese medicine believes that nightmare sleep may be related to excessive heart fire.

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

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