

4-Year-Old Sleepwalks 3 Miles To Next Town

Thea Robertsen is a four-year-old Norwegian girl. She thinks a lot about staying safe. A while back, her desire to stay safe may have put her in danger! Thea had a nightmare that her house was burning down. Thea got up, put on her boots, and left the house, all without ever waking up. She kept walking until she reached the next town - three miles away (4.8 km)!



Thea and her sister were staying with their aunt, Kristine Sorensen, when Thea went on her nighttime adventure. Thea's mother was on vacation in Greece. Everything went well for a few days. But one Sunday night, Kristine put the girls to bed, then she also went to bed.

The weekend had been cold and stormy, and Kristine was glad to be in a warm bed. She dozed off, then slept peacefully until 6:30 am the next morning, when the police called.

The police asked Kristine about her niece Thea's whereabouts. The last time Kristine saw Thea, Thea was safely tucked into bed. Kristine ran to Thea's room, and much to her surprise, Thea's bed was empty!

Who knows why Thea dreamed her aunt's house was on fire. Maybe she saw lightning flashes during the weekend storms, and she wondered what would happen if lightning struck her house. No matter what caused the dream, Thea put on her boots, unlocked the door, and sleepwalked away from her house.

Thea was found around 6:15 am the next morning in the next town, three miles (4.8 km) away from where she had been staying with her aunt Kristine.

Even when she was sleepwalking, Thea seems to have made safety a priority. She stayed to the side of the streets and avoided getting hit by a car. Nobody knows - and Thea doesn't remember - which route she took while wandering around, but they do know that she walked through the 800-meter (2,625 ft) tunnel that connects the two towns. Going through that tunnel would be quite a walk by itself for any four-year-old, but it was only one leg of Thea's sleepwalk!

When Thea was found, she was taken to the police station. She was awake by this time, but she couldn't tell them very much about how she had gotten there. She was able to tell the police how to contact her aunt Kristine, and she was soon back at her aunt's house. Kristine didn't let Thea out of her sight after that!

Thea's mother said that Thea had sleepwalked before, but never to another town!

Sleepwalking - also known as somnambulism - takes place during deep slumber. It affects between 1 to 15 percent of the general population. Sleepwalkers - or somnambulists - have no memory of their actions while sleepwalking, even if they do complex things like driving a car!

Fortunately, sleepwalking is most prevalent in children ages three to seven, long before these sleepwalkers learn to drive. And most sleepwalking among these children takes place at home. They don't usually walk for miles like Thea did, they just walk around in the safety of their own homes.

Do you know someone who sleepwalks?

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Have you ever had a sleepwalking adventure?