

= Sweet Dreams (Beyoncé song) =

" Sweet Dreams " is a song by American singer and songwriter Beyoncé from her third studio album *I Am ... Sasha Fierce* (2008) . Originally titled " Beautiful Nightmare " , it leaked online in March 2008 . The song was written and produced by Knowles , James Scheffer , Wayne Wilkins , and Rico Love . Columbia Records released " Sweet Dreams " , the album 's sixth single , to mainstream radio and rhythmic contemporary radio playlists in the United States on June 2 , 2009 , and elsewhere on July 13 . It is an electropop song whose instrumentation includes synthesizers , a keyboard , and snare drums . Knowles employs slinky vocals to sing the haunting lyrics , which describe a romantic relationship that the female protagonist believes could be a dream .

" Sweet Dreams " was critically acclaimed by contemporary music critics , who praised its beats , synthpop sound and Knowles ' vocals . Some critics noted that the sliding bassline gave the song a dark quality and resembles the one used in some of Michael Jackson 's songs on *Thriller* (1982) . " Sweet Dreams " gained popularity for its electro music style , which contrasts Knowles ' earlier R & B , urban , and funk @-@ tinged releases . The song was nominated for the Viewers Choice Award at the 2010 BET Awards . It topped the New Zealand Singles Chart , peaked at number ten on the US Billboard Hot 100 chart , and reached the top five on singles charts in Australia , the Czech Republic , Ireland , Slovakia , and the United Kingdom among others . " Sweet Dreams " was certified platinum in Australia , New Zealand and the US .

The song 's accompanying music video was directed by Adria Petty , and was filmed in Brooklyn , New York . It mainly uses a green screen and computer @-@ generated effects , making the clip minimal and performance @-@ based . The video sees Knowles wearing a golden robot suit designed by French fashion designer Thierry Mugler . The video received favorable reviews from critics , who described it as high @-@ fashion and noted that Knowles reprised part of the choreography from her 2008 video for " Single Ladies " . Knowles promoted the song by performing it live at the 2009 MTV Europe Music Awards and occasionally during the *I Am ... World Tour* (2009 ? 10) . " Sweet Dreams " was recognized as one of the most performed songs of 2009 at the 27th American Society of Composers , Authors and Publishers (ASCAP) Pop Music Awards . It was used in a Cryster Geyser Water Japanese advertisement that featured Knowles .

= = Production and recording = =

Initially titled " Beautiful Nightmare " , " Sweet Dreams " became one of the first songs composed for the 2008 double album *I Am ... Sasha Fierce* . Record producer Rico Love regards writing " Sweet Dreams " with Knowles as " the experience of a lifetime " . When Knowles went to the South Beat Studios in Miami Beach , Florida , she was not prepared to record and had to attend the opening concert of her husband Jay @-@ Z 's tour . However , when she heard a demo of " Sweet Dreams " , she was impressed and wanted to record the song immediately .

Knowles , Wayne Wilkins and Jim Jonsin did some additional writing and produced the song alongside Love at the same studio . Knowles and Love worked on the vocal arrangements ; Knowles appreciated Love 's background vocals in the hook and retained them . Jim Caruana assisted in recording the music . Love then recorded Knowles ' vocals ; the recording session lasted for an hour . Lastly , Wilkins mixed the track . " Sweet Dreams " appears on the *Sasha Fierce* disc of *I Am ... Sasha Fierce* as it allows Knowles to portray her alter ego Sasha Fierce , whom Knowles described as " [her] fun , more sensual , more aggressive , more outspoken side and more glamorous side " .

= = Leak and release = =

" Sweet Dreams " was leaked under its original title the day after it was recorded in March 2008 , eight months before the album 's release . It was the first time that a single by Knowles was leaked before its inclusion on an upcoming album . She responded to the leak on her official website , thanking her fans for the positive response towards the song , before clarifying that it was just a

work in progress and that she did not intend to release new material in the near future . About the leak , Love told MTV News :

I was more concerned that [Beyoncé] would feel that we did it . A lot of times producers or songwriters leak records because they feel if you put the song out there it would go [on to become a hit] . Usually a leak that far in advance of an album release puts the song in serious jeopardy of being excluded from the final track list . It was frustrating . I felt like you work hard to get in the studio to work with Beyoncé . [But] I was blessed ... that song turned out [to] have nine lives .

Under the song 's original title " Beautiful Nightmare " , " Sweet Dreams " gained some attention in the United States , where it amassed enough airplay to chart at number forty @-@ five on Hot Dance Club Songs chart and at number fifty @-@ seven on Pop 100 Airplay chart . " Broken @-@ Hearted Girl " was initially intended as the sixth US and fourth international single alongside the stateside @-@ only single " Ego " (2009) . However , its release was scrapped at the last minute , and replaced by " Sweet Dreams " , which Knowles selected for a summer single release because she wanted an uptempo song that would keep people dancing . She added , " It 's very rare to find an uptempo song that means something ... that 's not just about going to a club or partying or being a sexy girl . "

" Sweet Dreams " was added to US contemporary hit radio and rhythmic contemporary radio playlists on June 2 , 2009 . Dance remixes of the song alongside the album version of " Ego " and its remixes were later released on the same digital EP on August 17 , 2009 , in the US . In Germany , the album version of " Sweet Dreams " and a radio edit of a remix produced by Steve Pitron and Max Sanna were made available as a digital download and as a CD single on July 13 , and July 17 , 2009 . A different digital EP containing remixes and the music video of the song was released in the same country on July 31 , 2011 . On July 16 , 2009 , the album version and the radio edit of " Sweet Dreams " was serviced as a two @-@ track digital single in Oceania and Europe , excluding France , where it was made available on the same format the following day . In the UK , the song was released on CD and as a stand @-@ alone digital single on August 10 , 2009 . A different digital EP containing four remixes and the album version of " Sweet Dreams " was also released . On the same date , the song was released as a two @-@ sided digital EP in mainland Europe ; it contained ten remixes of " Sweet Dreams " .

= = Composition and lyrical interpretation = =

" Sweet Dreams " is an electropop song that incorporates elements of rock and old school funk music . The song is built on undulating electro rhythms and a thumping beat ; its groove fits into hip hop phrasing . It is essentially driven by a keyboard and also has guitar , piano , synthesizer , snare drum and bass instrumentation . Many music critics noted that several components of " Sweet Dreams " are reminiscent of the songs on Michael Jackson 's 1982 album Thriller . James Montgomery of MTV News said that the " gnarly low end " sounds like Jackson 's song " Beat It " (1983) . Nick Levine of Digital Spy noted that the electronic bassline is similar to those used in Jackson 's songs " Thriller " (1983) and " Bad " (1987) . Arielle Castillo of Miami New Times noted that Jackson could use the beat of " Sweet Dreams " to bring up to date his Thriller @-@ era style .

The lyrics of " Sweet Dreams " are about a female protagonist who has some insecurities about her new romantic relationship ; she is confused about whether her relationship with her partner is a " sweet dream or a beautiful nightmare " . The song starts with a bassline , which is occasionally interrupted by spare snare kicks , drum fills and Knowles ' chanting , " Turn the lights on " . She then adopts slinky vocals to begin the first verse . The " expansive @-@ yet @-@ molecular " chorus then starts with the line , " You can be a sweet dream or a beautiful nightmare / Either way , I don 't wanna wake up from you . " The song is written in the key of D ? minor with a tempo of 122 beats per minute . Beyoncé 's vocals span from C ? 4 to E ? 5 in the song .

= = Critical reception = =

== Reviews ==

" Sweet Dreams " was acclaimed by critics , some of whom praised its dark tone and electropop sound that is different from Knowles ' previous work . James Montgomery of MTV News wrote that Knowles ' vocals , which he called , " icy and cool , slippery like mercury [and] nothing to scoff at either " , help make the song an " undeniable smash " that is unique compared to the work of other artists . Jennifer Vineyard of the same publication argued that the rock elements and smooth vocals contribute to Knowles ' " fierce " alter ego , who " dares the listener to dream of her , warning that it might be a ' beautiful nightmare ' . " Arielle Castillo of Miami New Times noted that " Sweet Dreams " is another one of Jim Jonsin 's productions with a keyboard @-@ propelled arrangement , but unlike the material Jonsin crafted for Soulja Boy , the song is " swirling , and darker " . Joey Guerra of the Houston Chronicle and Gary Trust of Billboard magazine agreed that the song is one of Knowles ' purest dance songs and is " an irresistible call to the dance floor " . Describing " Sweet Dreams " as a " cool dance track " , Dennis Amith of J ! -ENT complimented its arrangement , calling it " experimental " with " cool transitions " .

Adam Mazmanian of The Washington Times described the song as " a gritty slow grind with a salacious bassline " and noted that Knowles " delivers a near parody of a good @-@ girl voice " while singing the chorus . Ryan Dombal of Pitchfork Media wrote that " Sweet Dreams " sounds like a song Rihanna would sing . Echoing Dombal 's sentiments , Nick Levine of Digital Spy wrote that the best song on the Sasha Fierce disc is a " dark [ish] electropop track called ' Sweet Dreams ' , [which] actually sounds like the cousin of Rihanna 's ' Disturbia ' " . On a separate review for the single , Levine awarded " Sweet Dreams " a rating of four stars out of five , and commented that the song seduces listeners with its catchy chorus hook , and thereafter keeps them intrigued by " placing a hint of darkness just beneath the shiny , synth surface " . Spence D. of IGN Music wrote that though " Sweet Dreams " is not a " stellar track " , it is superior to other album tracks , including " Diva " and " Radio " . Similarly , Vicki Lutas of BBC Music wrote that even though " Sweet Dreams " appears to lack something , it is undeniably a good song overall . She added that " Sweet Dreams " may not be Knowles ' finest or most memorable work , but it remains her best offering since her 2003 song " Crazy in Love " . Lutas also commended Knowles ' vocal delivery , which he described as " beautiful and soft , yet strong and powerful " . Talia Kraines of the same publication wrote that " Sweet Dreams " is one of the standout tracks on the Sasha Fierce disc though Knowles does not get as experimental as she did on her 2006 song " Ring the Alarm " .

== Recognition and accolades ==

" Sweet Dreams " earned Knowles the Best Female Vocal accolade at the 2009 Music MP3 Awards . It was nominated for Best R & B / Urban Dance Track at the 25th Annual International Dance Music Awards , but lost to The Black Eyed Peas 's 2009 song " I Gotta Feeling " . It was also nominated for the Viewers Choice Award at the 2010 BET Awards . The American Society of Composers , Authors and Publishers (ASCAP) recognized " Sweet Dreams " as one of the most performed songs of 2009 at the 27th ASCAP Pop Music Awards . On the occasion of Knowles ' thirtieth birthday , Erika Ramirez and Jason Lipshutz of Billboard magazine ranked the song at number 21 on their list of Knowles ' 30 biggest Billboard hits , and noted that its electropop sound , which was in contrast to Knowles ' previous singles , showcased her range of talent . On The Village Voice 's 2009 Pazz & Jop singles list , " Sweet Dreams " was ranked at number 114 . In 2013 , John Boone and Jennifer Cady of E ! Online placed the song at number five on their list of ten best Knowles ' songs , writing that Knowles " stepped away from R & B roots with this surreal electropop tune , which features these standout lyrics : ' My guilty pleasure , I ain 't going nowhere / As long as you 're here , I 'll be floating on air ' (which , from Bey 's mouth , sounds like the greatest threat ever) . "

== Chart performance ==

" Sweet Dreams " debuted at number seventy @-@ two on the US Billboard Hot 100 chart issue dated August 9 , 2009 . It peaked at number ten for two non @-@ consecutive weeks on the charts issued dated November 7 , and November 21 , 2009 . The song became Knowles ' thirteenth top ten Hot 100 single as a solo artist during 2001 ? 10 , and tied her with Ludacris and T @-@ Pain for second @-@ most top tens on the chart since 2000 ; Knowles ' husband Jay @-@ Z leads with fourteen in that period . Knowles ' is the third song titled " Sweet Dreams " to reach the top ten of the Hot 100 chart , following " Sweet Dreams " by Air Supply in 1982 and " Sweet Dreams " by Eurythmics in 1983 .

" Sweet Dreams " peaked at number forty @-@ eight on the US Hot R & B / Hip @-@ Hop Songs chart , making I Am ... Sasha Fierce the first album of the 21st century to have seven entries on that chart . For the week ending September 12 , 2009 , it topped the US Hot Dance Club Songs chart ; it became Knowles ' eleventh number @-@ one song , and was the fourth song from I Am ... Sasha Fierce to top that chart . " Sweet Dreams " tied Knowles with Kristine W for second @-@ most number one songs on the Hot Dance Club Songs during 2001 ? 10 . The song peaked at number five for three consecutive weeks on the US Pop Songs chart in November 2009 . " Sweet Dreams " was certified double platinum by the Recording Industry Association of America (RIAA) , denoting sales of two million digital copies . As of October 2012 , it had sold 2 @, @ 091 @, @ 000 digital downloads in the US .

" Sweet Dreams " also performed well outside the US . In the UK , the song initially entered the UK Singles Chart more than a month before its physical release , on July 5 , 2009 , at number one hundred and eighty @-@ nine . The following week , it rose to number fifty @-@ two , and thereafter continuously ascended the chart ; it peaked at number five on August 9 , 2009 , and became Knowles ' sixth top five single in the UK as a solo artist . The song was last seen on the UK Singles Chart on January 17 , 2010 , after spending 26 weeks in the top 100 . On July 16 , 2009 , " Sweet Dreams " debuted at number seventeen on the Irish Singles Chart and climbed to its peak position at number four in its fourth charting week . The single stayed in top ten for eight weeks and left the chart after spending nineteen consecutive weeks on it .

For the week ending June 18 , 2009 , " Sweet Dreams " was the most added song on Australian radio stations . On August 9 , 2009 , it peaked at number two on the Australian Singles Chart , and became the highest charting single from I Am ... Sasha Fierce in Australia . The song spent thirty @-@ eight consecutive weeks in the top 100 , where it last charted on March 1 , 2010 ; it was certified platinum by the Australian Recording Industry Association (ARIA) for shipping 70 @, @ 000 copies . In New Zealand , " Sweet Dreams " debuted at number thirty @-@ nine , and peaked at number one for three consecutive weeks . It was the most added song on New Zealand radios as from September 21 , 2009 to November 2 , 2009 . The song was certified platinum by the Recording Industry Association of New Zealand (RIANZ) , representing shipment of 15 @, @ 000 copies .

= = Music video = =

= = = Background and concept = = =

The accompanying music video for " Sweet Dreams " was directed by Adria Petty , whom Knowles chose because of her intelligence and beautiful visual references . After Knowles learned the choreography in Los Angeles , the video was shot in a studio in Brooklyn , New York City . It was the seventh video released from I Am ... Sasha Fierce , and the second to have complete color throughout ; " Halo " was the first . Knowles described it as more " graphic " when compared to the previous six videos ; its motive was to " take Sasha [Fierce] to the next level " . In the video , Knowles ' alter ego is symbolized by the golden robot suit she wears ; it was designed by French fashion designer Thierry Mugler .

A green @-@ screen and computer @-@ generated effects were used for the video to create a minimal and performance @-@ based clip . The computer @-@ generated imagery (CGI) was employed to create a context @-@ less void ; the CGI effects were used to delete the background

and setting before creating a void @-@ like digital canvas for the dance routine that is executed by Knowles and her dancers Ebony Williams and Ashley Everett , who all sport numerous flashy and symmetrical costumes throughout the video . Accordingly , there were no concerns of cutting ; the images were easily merged into one another using computers . A high number of camera lens glare effects was used in the video , part of which was inspired by British designer Gareth Pugh 's Autumn / Winter 2009 video presentation . Knowles further explained that the fashion and choreography were the main elements of the music video :

The fashion was extremely important in this video because everything was so minimal ... With the choreography , we really focused on hitting all of the accents in the drum beat . What makes this choreography so interesting is that in one instance , it is very staccato and hard ... And the next instance ; the movement is very smooth and there are lots of melts with inter @-@ kit movement in the fingers and hands .

On June 12 , 2009 , a behind @-@ the @-@ scenes video , which Knowles ' dance rehearsal , was released ; Knowles was dressed in golden costumes and was performing some robotic movements . The music video of " Sweet Dreams " was not included on the remixes and video album *Above and Beyond* ? Video Collection & Dance Mixes as it was not finished when the CD / DVD collection was made ; instead , a Making of Sweet Dreams video was included . A 30 @-@ second clip from the video was posted online on July 8 , 2009 ; it showed Knowles alongside her two female back @-@ up dancers in a virtual desert . The following day , the full video was leaked online but was soon deleted after Knowles ' label issued warnings to infringing websites . The video for " Sweet Dreams " premiered on MTV later the same day .

= = = Synopsis and analysis = = =

The video opens with Knowles tossing and turning in her bed ; her idea was to make the opening shot look like " a dark fairy tale " . As she tries to sleep , Brahms 's Lullaby plays softly in the background . She then levitates off her bed using her stomach muscles to move the top half of her body . Knowles said that the levitation shot was the hardest one as she had difficulties making her neck look straight . She added that the scene represents the nightmare and the white bird flying above her takes her into her dream , which unfolds after the screech of an electric guitar . Knowles is transported to a desert and several clouds are present in the background . She wears a black Roberto Cavalli dress and boots ; as the music begins , her two backup dancers wearing Gareth Pugh pieces appear . The scene changes into a computer @-@ generated sci @-@ fi landscape where Knowles is inscribed with a circle and square in a similar fashion to Leonardo da Vinci 's Vitruvian Man . The first chorus is brought in by a subtle glass @-@ breaking sound effect as the sci @-@ fi special effects disappear and Knowles appears in a silver one @-@ shouldered mini dress on a white background . Accompanied by her backup dancers , she performs sophisticated , street and hip @-@ busting dance moves .

The second chorus shows Knowles wearing a silver lined body suit while smashing mirrors . During the bridge , the video fades to black and white and Knowles appears wearing the gold robot suit , and gold and diamond nail rings valued at \$ 36 @,@ 000 and designed by Bijules designer Jules Kim . She executes some robotic movements . As the chorus begins to play for the third and final time , digital doubling and mirroring are used to create a collection of dance moves and multiple images Knowles arching her back . The gold outfit is then reused , this time in color . Knowles performs another dance routine with her two backup dancers , then says , " Turn the lights out " , and the video ends .

= = = Reception = = =

James Montgomery of MTV News wrote that the video is " an eye @-@ popping , herky @-@ jerky , high @-@ fashion " one . He praised the way Knowles " [pops] her pelvis in ways never imagined " , and the wardrobe changes in the clip , before concluding : " She expands on her burgeoning robot fetish , flashes the crazy eyes and contorts her body in downright unsettling ways . All of which

is to say that ' Sweet Dreams ' is just like every amazingly crazy Beyoncé video from the past three years , which ? to extend the point ? also means that it 's pretty great . " Olivia Smith of Daily News noted that in the video , Knowles references Jane Fonda in the movie Barbarella (1968) , Tin Woodman and Pamela Anderson through the different costumes she wears . Smith further compared the video with the one for " Single Ladies " , writing that Knowles reprises some of the moves as she " can only swivel those hips in so many ways " . Brandon Soderberg of Slant Magazine described the introductory part of the video as a David Lynch @-@ like mixture of eroticism and symbolism . He wrote that the video was " one part Victoria 's Secret commercial , another part dream logic anti @-@ narrative , and a CGI @-@ assisted freakout all around " . Soderberg commended the video for being " an excess of body and action , not filmic techniques " , adding that the dancing in the video " blow [s] our minds anew " .

Rolling Stone found similarities between the video for " Sweet Dreams " , Kanye West 's video for " Paranoid " (2009) and the cover artworks of English rock band Yes . Canadian magazine Dose also compared the video with " Paranoid " due to their similar dream sequences . Nadia Mendoza of The Sun further compared Knowles ' look in the video with Lady Gaga 's . Vicki Lutas of the BBC did not appreciate the first 30 seconds of the video , writing that " the dark , horror @-@ type music , the pumping heartbeat , the equally spooky lullaby , the screech of an electric guitar " , gave her the impression that she was watching " some [19] 80s magician , with a Knowles soundtrack " . However , she complimented the rest of the video writing that " things (thankfully) move away from the Hallowe 'en cheese and into familiar Beyoncé territory (right from the fact it 's proper [19] 80s pop through to the video essentially being ' Single Ladies ' with Beyoncé and 2 dancers) " . Lutas concluded that the video might not be remembered for long or hailed as Beyoncé 's finest and more memorable work , but it remains one of the best music videos from Knowles she has seen since " Crazy in Love " . Nick Levine of Digital Spy compared the dancing moves in the video with those in " Single Ladies " .

The video stayed at number one for several weeks on the UK TV Airplay Chart in August and September 2009 . It was ranked at number 13 on BET 's Notarized : Top 100 Videos of 2009 countdown . Tamar Anitai of MTV placed the video at number three on his list of the best five videos of 2009 , wrote that it " isn 't just another high @-@ fashion look at Beyoncé ... " and continued , " It 's the dark yin to the brighter , lighter fare of ' Single Ladies . ' This is a 360 @-@ degree look at Beyoncé 's life : Beyoncé the woman , Sasha Fierce the performer , and the powerful force that occupies the spaces in between . " . In 2013 , John Boone and Jennifer Cady of E ! Online placed the video at number ten on their list of Knowles ' ten best music videos , praising Knowles ' sexy robotic look .

= = Promotion = =

Knowles was due to perform " Sweet Dreams " at the 2009 MTV Video Music Awards on September 13 . However , last minute changes were brought to her performance that night ; wearing a leotard and a silver glove , Knowles sang a short drum @-@ led remix of " Sweet Dreams " before switching to " Single Ladies (Put a Ring on It) " , accompanied by two female backup dancers . Wearing a red Agent Provocateur corset , stockings and long satin gloves , Knowles sang " Sweet Dreams " at the 2009 MTV Europe Music Awards on November 5 . She appeared on stage in a heart @-@ shaped bed with satin sheets and later leapt up and performed a choreography to the song . A Daily Mail reporter wrote that the live performance was " triumphant " and " much to the delight of the audience " . Charly Wilder of Spin magazine commented that Knowles overshadowed American singer Katy Perry 's " tweaked @-@ out pinup shtick with her mesmerizing , sexed @-@ up rendition " of " Sweet Dreams " . Gordon Smart of The Sun commented that Knowles stole the show with the " iconic " performance of the song and " eye @-@ popping " look .

" Sweet Dreams " was not regularly performed on the I Am ... World Tour , a 2009 ? 10 world tour in support of I Am ... Sasha Fierce , but a video interlude featuring the song was included . Knowles sang an acoustic and downtempo rendition of the song live during the revue I Am ... Yours that was held at the Encore Theater in Las Vegas on August 2 , 2009 . She blended it into a romantic medley

that also included her 2003 song " Dangerously in Love " and Anita Baker 's 1986 song " Sweet Love " . The performance was subsequently included on her 2009 CD / DVD live album I Am ... Yours : An Intimate Performance at Wynn Las Vegas . Knowles performed " Sweet Dreams " live at the Glastonbury Festival on June 26 , 2011 ; she mixed it with the 1983 song " Sweet Dreams " , originally performed by the British pop music duo Eurythmics . " Sweet Dreams " was used in a commercial for Crystal Geyser bottled water in which Knowles appeared ; she dances and drinks water while the song is played in the background .

= = Cover versions = =

An unofficial remix , featuring American rappers Lil Wayne and Nicki Minaj , was leaked on some websites on March 9 , 2010 , and was included on Wayne 's 2009 mixtape No Ceilings . The Big Pink , an English electro @-@ rock duo consisting multi @-@ instrumentalists Robbie Furze and Milo Cordell , covered " Sweet Dreams " in a live session for BBC Radio 1 on November 7 , 2009 . They also performed the song live on at the 2010 Isle of Wight Festival on June 13 , 2010 . The cover later became a B @-@ side to their 2010 single " Tonight " . Jon Caramanica of The New York Times commented that The Big Pink 's version of " Sweet Dreams " had a " disarmingly flat affect , delivering it as the ramble of a neurotic " when compared to the original recording sung by Knowles . Likewise , Pitchfork Media 's Ryan Dombal felt that their cover " obliterates the original 's Hi @-@ NRG pulse , turning it into something a lot moodier and creepier " . British soul and R & B singer Lemar covered " Sweet Dreams " in his Biz Session in January 2011 . On November 1 , 2010 , American professional basketball player , Shaquille O 'Neal , dressed as his female alter ego Shaquita for Halloween , and gave a lip @-@ synching performance of Knowles ' " Sweet Dreams " . In September 2011 , Jade Collins covered " Sweet Dreams " during an episode of the ninth series of The X Factor . On October 27 , 2012 , boy band Union J covered the song during the same season of the show and released the cover through the iTunes Store as a single the same day .

= = = Jessica Sanchez cover = = =

On March 28 , 2012 , Jessica Sanchez , a contestant of the eleventh season of American Idol , covered " Sweet Dreams " performing a slow @-@ tempo ballad version of the song accompanied at the beginning by harps . Her performance received favorable comments and a standing ovation from the judges of the show . Jennifer Lopez commented , " You did a beautiful job on it ... If I was Beyoncé and I was home and I heard that , I 'd be like ' I got to do that in my next concert , slow that one down . ' " Steven Tyler described Sanchez 's performance as " great " while Randy Jackson noted that it was " unbelievable , sensational " . James Montgomery of MTV News graded her performance with a B , and called the cover " a bit of an odd choice , and yet also a supremely confident one " . He added , " For once , she pulled things back , and maybe suffered a bit for doing so , but there were still plenty of subtly great moments , particularly in the verses . Might not have been her best ? it definitely lacked in vocal fireworks ... And really , it was good enough " .

Mellisa Locker of Rolling Stone praised Sanchez 's performance , calling it a " brilliant job " and adding that " it 's risky , but Beyoncé has done it , and if anyone can pull off a dazzling repeat performance , it 's Jessica " . She further compared the performance with the dream sequence from the 1945 film Spellbound but noted that it was " slightly weirder " Jim Farber of the Daily News commented that " her take on a song by her clear role model , Beyoncé , showed too much similarity in their timbres and phrasing , making Sanchez 's voice seem redundant ... despite the fact she switched up the arrangement of the bootylicious song she chose , ' Sweet Dreams . ' " Laura Schreffler of the Daily Mail described Sanchez ' performance as " pared @-@ down , show @-@ stopping ... a floaty , dreamy , confection that wows the judges . " Amy Reiter of the Los Angeles Times wrote , " Sanchez gave yet another perfectly calibrated performance with Beyoncé 's ' Sweet Dreams , ' balancing restraint and power . Everything from her voice to her dress to the red door she walked through seemed polished and tour @-@ ready . " The Arizona Republic 's Randy Cordova praised the performance , saying that the slow @-@ tempo version allowed Sanchez " to really

delve into the song 's emotional core " . The Hollywood Reporter 's Erin Carlson praised the tonned @-@ down theatrical stage during the performance and Sanchez 's vibrato voice , further describing the performance as a " near @-@ perfection " .

= = Formats and track listings = =

= = Credits and personnel = =

Credits are taken from I Am ... Sasha Fierce liner notes .

Beyoncé Knowles ? lead vocals , music producer , songwriter

Rico Love ? vocal producer , music producer , songwriter , additional vocals

Jim Caruana ? recording engineer

James Scheffer ? music producer , songwriter

Wayne Wilkins ? songwriter , audio mixer , music producer

= = Charts = =

= = Certifications = =

= = Release history = =