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mythology, folklore and
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the esoteric in general.

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6 Common
Treatments for PTSD
(Post-Traumatic Stress
Disorder)

If nightmares in adults
are a symptom of
untreated sleep apnea or
post-traumatic stress
disorder, the underlying
disorders can also have

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significant negative
effects on physical and
mental health ...

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**What Dreams May
Come: Treating the
Nightmares of PTSD ...**

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Some risk factors can
increase your chance of
developing post-
traumatic stress after a
car accident. These
include: Experiencing a
prior traumatic event.

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This could include rape, assault, a terrorist attack, a different car wreck, or a natural disaster. Being a first responder to traumatic events.

Psychosocial Treatments for Trauma-Based Nightmares ...

well as [Post-traumatic stress disorder AND

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Trauma
(nightmare disorder-
Nightmares A
Summary of

Recommendations:

Behavioral
Prazosin is
recommended for
treatment of
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Posttraumatic Stress
Disorder (PTSD)-associ-
ated nightmares. Level
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A Image Rehearsal
Therapy (IRT) is
recommended for
treatment of nightmare
disorder.

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**Common Treatments
For PTSD Nightmares
| Betterhelp**

A combined group
treatment for nightmares
and insomnia in combat
veterans: a pilot study. J
Traum Stress.

2009;22:639-642. 2.

Krakov B, Zadra A.

Clinical management of
chronic nightmares:

Imagery rehearsal

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trauma
therapy. Behav Sleep
Med. 2006;4:45-70. 3.

Davis JL. Treating Post-
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Adult Nightmares: Causes and Treatments

Nightmares are dreams
that are threatening and
scary. Nearly everyone

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has had a nightmare from time to time. For trauma survivors, though, nightmares are a common problem. Along with flashbacks and unwanted memories, nightmares are one of the ways in which a trauma survivor may relive the trauma for months or years after the event.

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**Nightmares: Get Facts,
Causes and
Treatments**

Miller, LJ. Prazosin for
the treatment of
posttraumatic stress
disorder sleep
disturbances.

Pharmacotherapy
2008;28:656. Raskind,
MA et al. Reduction of
Nightmares and Other
PTSD Symptoms in
Combat Veterans by

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Prazosin: A Placebo-
Controlled Study. Am J
Psychiatry.
2003;160:371. Stein, DJ
et al. Post-traumatic
stress disorder:
medicine and politics.

PTSD nightmares: Is there an effective treatment?

The app was granted a
"Breakthrough Device"
designation for treating

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PTSD nightmares, a process that is designed to speed up the development and review of hardware and services that could offer

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**When Trauma Follows
You into Your
Nightmares -
Good Therapy ...**

Nightmares following trauma are different than

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ordinary nightmares.

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They can happen earlier
Cognitive
in the night and during
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different stages of sleep
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than typical dreams.

They also seem to be
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related to sleep-
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disordered breathing:

Sometimes treating
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underlying breathing
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problems can help to
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reduce or even eliminate
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violent nightmares.

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Nightmares presents the
only interdisciplinary
treatment that brings
together literature,
theory, and techniques
from sleep medicine and
psychological
perspectives: Exposure,
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(ERRT). This groundbreaking treatment specifically targets chronic nightmares experienced by trauma-exposed persons.

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Nightmare after trauma as a paradigm for all dreams: A new

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approach to the nature
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and functions of
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dreaming. Psychiatry:
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only interdisciplinary
treatment that brings

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perspectives: Exposure,
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Relaxation, and
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Rescripting Therapy
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together literature,
theory, and techniques
from sleep medicine and
psychological
perspectives: Exposure,
Relaxation, and
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(ERRT). This
groundbreaking
treatment specifically
targets chronic
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persons.

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Nightmares: A

Cognitive ...

Nightmares After
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nightmares in PTSD
differ from regular

nightmares ... That

being said, targeted

treatment of nightmares
in PTSD is associated

with relief from all

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symptoms.

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**Cognitive
Post-traumatic Stress
Behavioral
Accident ...**

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Treatment. Treatment
for nightmares isn't
usually necessary.

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However, treatment may
be needed if the
nightmares are causing
you distress or sleep
disturbance and
interfering with your

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daytime functioning.

The cause of the
nightmare disorder

helps determine

treatment. Treatment
options may include:

Medical treatment.

The Causes and Treatment of PTSD Nightmares

Nightmares and PTSD.
Nightmares are dreams
that are threatening and

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scary. Nearly everyone has had a nightmare from time to time. For trauma survivors, though, nightmares are a common problem. Along with flashbacks and unwanted memories, nightmares are one of the ways in which a trauma survivor may relive the trauma for months or years after

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**How Trauma Affects
Your Dreams—And
How to Cope With The**

... Approach 1st
Posttraumatic stress
disorder (PTSD), a type
of anxiety disorder, can
happen after a deeply
threatening or scary
event. Even if you
weren't directly
involved, the shock of
what happened can be

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SO ...
Nightmares A

**Nightmare disorder -
Diagnosis and
treatment - Mayo
Clinic**

Is prazosin still the most promising drug for treating PTSD-related nightmares? The failure of prazosin in the CSP trial makes behavioral therapy the treatment of choice for this disorder.

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But the inability of prazosin to improve sleep-related problems in the trial may not be surprising, given that PTSD produces many symptoms that may be only partially responsive to treatment.

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...

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PTSD or Post Traumatic
Stress Disorder is a
disorder that develops
after being exposed to
traumatic events. An
individual may have
taken part in the
traumatic event, been
injured in the event, ...
Sleeping pills are never
a good treatment for
PTSD nightmares.

Nightmares and PTSD

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**- PTSD: National
Center for PTSD**

Post-Traumatic Stress

Disorder What Dreams

May Come: Treating the
Nightmares of PTSD

PTSD nightmares can

be difficult to treat, but

Prazosin may help.

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