

Night terrors & Nightmare

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What is Night terrors

Night terrors also known as sleep terror is a sleeping disorder in which a child and in some rare cases young adults unconsciously will awaken shortly after two to three hours after having fallen asleep experiencing several extreme emotions.

Why do they occur?

- 2 or 3 hours into sleep
- When transitioning from deep REM sleep to a lighter REM sleep
- usually a smooth transition in this case it is not ,but rarely a child becomes frightened and that fear reaction is a night terror



symptoms of night terror

- A child might suddenly sit up right on there bed and just begin to shout and screaming in distress.
- breathing and heart beat increase
- begin to sweat, trash around, and act scared
- wide eyes with dilated pupils



treatments

- unfortunately there no permanent cures to stop night terror.
- However night terror episodes only last a few minutes then the child will simply go back to sleep.
- The child will have no memory of the night terror episode the next day



My personal experience

- I remember days where i would wake up and parents would come to me and ask me why did i wake up screaming and crying, and it shocked me because i didn't believe them, it was truly a crazy experience because as i kept having them i began to realize that i actually was waking up and screaming but i had no idea why. it even got to the point where i was up and screaming and i was awake but just could not control what i did. my parents even told me i became a lot stronger so i was harder to control. but i soon enough just grew out of it.

Nightmare background

Nightmares may be experienced by anyone, the depth in them however may vary from person to person. A nightmare on the contrast from a night terror may occur in the early mornings ; it is described as a vivid realistic and disturbing dream.

Why do nightmares occur

- Nightmares will commonly occur in a person when a factor such as stress is triggered
- Having something that is worrying you and/or fear on your mind may also lead to the possibilities of you having a nightmare relating to what's on your mind that may be bothering you



causes of nightmare

- Woken up suddenly
- scared/frightened and confused
- sweating , out of breath and your heart pounding from fear.



what can help nightmares

- There are no treatments for nightmares
- one thing that helps prevent them is to just think of something that makes you happy.
- nightmare are hard to control



difference between the two.

- A child cannot be awakened from a night terror while a child can be awakened from a nightmare.
- nightmare can be remembered , and talked about the next day.
- night terror will not be remembered although in some cases they can , but they cannot be talked about
- they occur in different stages of sleep



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