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*nightmare definition meaning merriam webster* Dec 26 2022 web noun night mare 'nīt ,mer 1 an evil spirit formerly thought to oppress people during sleep 2 a frightening dream that usually awakens the sleeper 3 something such as

*nightmare disorder symptoms and causes mayo clinic* Jul 21 2022 web jun 5 2021 nightmare disorder is referred to by doctors as a parasomnia a type of sleep disorder that involves undesirable experiences that occur while you re falling asleep during sleep or when you re waking up nightmares usually occur during the stage of sleep known as rapid eye movement rem sleep the exact cause of nightmares is not known

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nightmare wikipedia Nov 25 2022 web a nightmare also known as a bad dream 1 is an unpleasant dream that can cause a strong emotional response from the mind typically fear but also despair anxiety or great sadness the dream may contain situations of discomfort psychological or physical terror or panic after a nightmare a person will often awaken in a state of distress and may be

nightmares and the brain harvard medical school Jun 20 2022 web nightmares are a common complaint among people suffering from ptsd and in fact are one of the criteria used for the diagnosis of the disorder a university of pittsburgh school of medicine study published in 2009 in sleep medicine clinics found that 80 percent of people experiencing ptsd have frequent nightmares

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