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Of "Susie, Factly Staffupated: February 14, 2019 The occasional nightmare is normal and experienced by beyond the person of the population. A variety of events and disorders causes nightmares and frequency varies between individuals. Children have more often adult nightmares. Two for each twenty-five adults, experience the recurring nightmares with respect to a third of children and adolescents. Dentures usually involve realistic and vivid images and intense emotions, including guilt, sadness, anxiety and fear. Rage is. Even an intense feeling expressed in nightmares, but many professionals in psychology and psychiatry consider anger a secondary emotion caused by other feelings. The nightmares occur towards the end of the sleep cycle during the rapid eye movement or the Rem, the phase. Night terrors are often called nightmares, but they are different. Night terrors occur to half road through the sleep cycle and cause the sleepers of awake Suddenly lying with an unchanged feeling of fear or terror. The nightmares are structured with recognizable images or events, even if people cannot always remember the details. Night terrors do not have a recognizable structure or images. Anxiety and post-traumatic stress disorder are the most common causes of nightmares. Divorce, death of a loved one, failure to obtain a deeply desired goal, natural disasters and other traumatic events can trigger nightmares. Sometimes sleep disorders stop without intervention. Trauma or loss do not always make nightmares, although the trauma accompanied by pain and fault is a toxic combination. These two emotons are often involved in post-traumatic stress disturbance or PTSD. Treatment and therapy can help many people overcome negative feelings and nightmares. Noipornpan / Getty Images a variety of prescriptions, such as anti-depressive and drugs for insomnia, chemical alter in the brain. People experience a wide range of drug reactions, including sleep problems. The nightmares were connected to apparently unrelated drugs such as blood pressure or stomach burning drug. A doctor can recommend alternative drugs or lifestyle changes in some cases. A trial period may be needed to determine which drug is causing the problem. Ljubaphoto / Getty Images The lack of sleep increases the nightmares and can become a cycle. Chronic nightmares can make people feel fear and avoid sleep. The nightmares are more vivid and scary after a prolonged period without sleep. These consequences can still happen to those who sleep for short periods to avoid having nightmares. The sleep cycle needs more than one or two hours to progress in the Rem phase. Recreational, prescription and beyond the counter medications to prevent insomnia can make the situation worse for some people and cause a sleep even less restful. D-Keine / Getty Images Recurrent nightmares can be a symptom of psychiatric disorders. People with rapid-eye behavior disturbance can physically react to nightmares. Nightmares that interferes with sleep regularly has a negative impact on daytime performance or overall physical and mental health. Little concentration or fall asleep while working or driving is dangerous. In rare cases, people cannot fully separate events and motivations or estimates of others during nightmares and circumstances actually. Stiphotography / Getty Images Nightmares and dreams during fevers are commonly defined as "fever dreams". Common features include space distortions, a prolonged sense to fall through hazardous obscurity and animals. They are often very vivid, scary or disturbing. People can be confused when A high fever and experiment realistic dreams or nightmares. Sometimes they don't realize that they were dreaming and become disturbed or hectic because they believe that the disturbing experience was real. This confusion usually dissipates after fever breaks. Dogayusufdokdok / Getty Images fever is a a In infection and disease. The immune system mounts a defense when viruses or bacteria enter the body and establish a steep increase in body temperature. Fevers occur in response to influence, respiratory infections, colds and many other diseases. Many researchers believe that the highest body temperature causes neurons to transmit signals more quickly than normal. The increase in the transmissions rate in the Amygdala, the portion of the brain linked to fear and anxiety, produce intense dreams or nightmares. The dreams of fever can occur when the temperatures of the body reach or exceed 100 degrees Fahrenheit. Preformimages / Getty Images actions called "sleep hygiene" can help rest sleepy. Relax and put anxiety and care aside an hour or two before going to sleep. Keep the bedroom cooled with a fan, an air conditioner or an open window. A snack before going to bed increases the metabolism and can lead to nightmares. Avoid eating at least an hour before going to sleep and limit snacks after dinner. Look for treatment for health conditions such as restless leg syndrome or sleep apnea. Consult a doctor or other medical professional for depression or anxiety. MILAN JOVIC / GETTY IMAGES Some researchers believe that nightmares are advantageous and advanced to create anxiety about potential dangers. Humans in distant threats have experienced threats fought or ran from. The decisive action in response to danger was effective. Modern physical dangers such as fires, automotive accidents and other traumatic accidents are solitary events for most people, but nightmares can still play the same role. Sometimes people collect body language, discrepancies or small warning signs of danger without realizing it consciously. The nightmares put together those small observations in the awareness of a threat. Pietropazzi / Getty Images Stress and anxiety are often related to long-term concerns such as debt, employment, health, maintaining a home and living expenses, legal problems or an almost infinite number of other potential concerns. Although these problems cannot be solved with a short-term decisive action, take the control and targeting of the root of your problems could help you reconquer a sense of control that will translate into your dreams. Unpleasant Martin-DM / Getty Images as they can be, nightmares are an essential part of the dream. While our most funny dreams are stimulated by desires and desires, nightmares are a manifestation of other common feelings such as stress and anxiety. However, as many dreams, nightmares are not so straight as they seem. With the nebulous realm of nightmares, a cigar is never a cigar. Dreams are categorically symbolic, and images within them should never be accepted for their nominal value. If you interpret them as such, you could lose important issues that your subconscious can try to transmit. Giving a dream for natural disaster or in particular the problem of exasperating car does not necessarily represent a fear of these events actually underway. More often, these nightmares reflect your inner feelings towards a pressing situation in your waking life. So, read more about 10 common nightmares that we experience and simple ways to deal with the scary feelings that are vividly irate with your dreams. Alive most of the nightmares of this list, this dream is very direct and easy to analyze. Feeling trapped or lost in a dream indicates a concern to be lost or trapped in a certain situation or In your waking life. Are the others falling to do something? Do you feel like you were lost in the shuffle of things, or have you finished the options? Realizes that this dream is a direct warning for your internal concerns, and it should be a splint to consciously face these feelings before it is too late. Otherwise, you could start having this next type of nightmare. Do you feel like you're upside down? Maybe you're going out under the pressure of a certain task or a duty. These anxious feelings will probably hold a dream of you falling drowning. Dreams that run around a continuous fall or drowndown demonstrate internalized anxiety for a situation or a task at hand. The emotions that evoke can vary from loss of control to euphoria. Your specific reaction in this nightmare will probably reflect your reaction to certain circumstances actually. This is also a perfect opportunity to engage in a shiny dream. If you know you have this dream often, you can solve these falling anxieties and drowning by creating that it's all a dream, and then gladly to check it. Instead of falling or drowned, tell you to fly or swim. After all, it's your dream, and inside you can do all your favor. Call someone in your dream, just to have it without ends without anyone answering? Your computer's hard drive crashed your computer while you were in the middle of writing a sheet? While these are not particularly terrifying nightmares, some, a crashed hard drive can simply be devastating as crashed car. Malfunctions with technology, in particular communication technologies, can mean that you can't reach someone at an emotional level. Have you lost contact with a good friend? Is there a disconnection or a barrier that forms between you and a loved one? If this is your common nightmare, take the â €

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