CLÍNICA VIVALDI · FREE SHEET · SLEEP-WAKE

Nightmare disorder

Frequent and distressing nightmares, which wake the person up and leave him uncomfortable or afraid to sleep.

COMMON SIGNS

- Repeated nightmares
- Waking up afraid
- Tiredness from being afraid to sleep

TIPS FOR YOU

1. Imagery rehearsal technique: rewrite the ending of the nightmare
2. Reduce stress before bed
3. If they are linked to trauma, seek help

FOR FAMILY AND FRIENDS

1. Listen to the nightmare without making a big deal of it
2. Calm routines before bed

WHEN TO ASK FOR HELP

1. If they are linked to trauma
2. If they stop you resting

TO OBSERVE AND NOTE DOWN

☐ I have very distressing nightmares
☐ I wake up frightened or startled
☐ I remember clearly what I dreamt
☐ I find it hard to get back to sleep
☐ I'm afraid to go to sleep
☐ The nightmares keep coming back
☐ During the day I'm tired
☐ They are related to something that happened to me

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-de-pesadillas
- Free guide: Trauma and post-traumatic stress: clinicavivaldi.com/en/guia-trauma
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

Educational information, not a diagnosis. Clínica Vivaldi · Calle Chiva 25, door 5, 46018 Valencia, Spain · +34 611 07 74 69 · clinicavivaldi.com