

Analysis of Symptoms, Dynamics and Causes among Nightmare Sufferers

Angelina Marco*

Department of Psychology, University of Wurzburg, Wurzburg, Germany

DESCRIPTION

Sleep terrors, often referred to as night terrors and they are frequently combined with sleepwalking. Sleep terrors are regarded as a parasomnia, or unwanted experience while sleeping, similar to sleepwalking. There are some reasons of night terrors besides underlying sickness. A person who experiences a night terror will abruptly arise from the sleep and feel afraid. Night terrors occurs during different stages of Non-Rapid Eye Movement (NREM) sleep or deep sleep. A person who has a night terror will awaken suddenly from sleep and feel afraid. Night terrors are frequently caused by unknown factors, such as fever, lack of sleep, or emotional stress or tension. Night terrors can occur during various NREM or deep sleep stages. When we have night terrors, the cerebellum, which controls physical action, is awake while the front, which controls executive function and memory, is asleep. Night terrors and nightmares are unique from one another and occur at different stages of sleep, comparable to sleepwalking. While having a night terror, we may talk and move. It is uncommon to recall having a night terror. Nightmares are disturbing that we have remembered the next morning. The Diagnostic and Statistical Manual, Fifth Edition claims that "night terrors," despite their frequent mention, cannot be diagnosed (DSM-V). It has elements of the disorders known as nightmare disorder, Rapid Eye Movement (REM) sleep behavior disorder, and Non-Rapid Eye Movement (NREM) Sleep Arousal Disorder (SAD).

Symptoms

Nightmares are different from sleep terrors. A person who experiences a nightmare wakes up from the dream and may recall specifics sleep terror. The majority of the time, when kids wake up, they have no memory of their night-time terrors. Adults may remember a small part of a dream they had while experiencing sleep terrors. Sleep terrors rarely happen during

naps and usually happen in the first third to first half of the night. Sleepwalking could result from a sleep terror. Someone experiencing a sleep terror episode might:

- Begin with a frightening scream or shout
- Sit up in bed and act frightened.
- Stare wide eyes
- Sweat, breathe rapidly, and exhibit flushed skin, dilated pupils and racing heartbeat
- Be difficult to awaken and confusing if awakened
- Become depressed
- The morning after having little to no memory of the incident
- Possibly get out of bed and run around the house, or, if restrained or blocked, act aggressively.

Causes

Parasomnias which are unwanted sleep-related behaviors or experiences include sleep terrors. The deepest stage of Non-Rapid Eye Movement (NREM) sleep, N3 sleep, is when sleep terrors take place since they are an arousal disorder. Sleepwalking is another Non-Rapid Eye Movement (NREM) disorder that can coexist with sleep terrors. Sleep terrors can be caused by a various ways they are:

- Lack of sleep and tiredness
- Stress
- Fever
- Sometimes underlying disorders that disrupt sleep can cause sleep terrors
- Obstructive sleep apnea, the most prevalent form of the collection of illnesses known as sleep-disorder
- Restless legs syndrome
- Some medicines
- Mood disorders, such as anxiety and depression
- Alcohol consumption in adults

Correspondence to: Dr. Angelina Marco, Department of Psychology, University of Wurzburg, Wurzburg, Germany, E-mail: angelina.marco@biefield.de

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