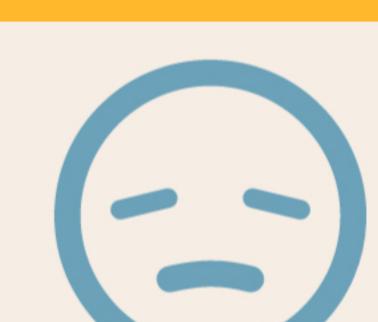


# Differentiating .... Between •••••



### **Bad Dreams**

Fully oriented upon waking

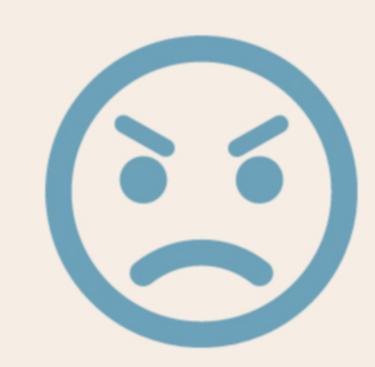
Distress resolves quickly

Emotionally calm/neutral

Easy to return to sleep

Rarely includes body movements or speech

Occurs later in sleep cycle



## Idiopathic Nightmares

Oriented upon waking

Full recall of content

**Emotionally distressed** 

Difficulty returning to sleep

May/may not cause movement or talking

May occur later in sleep cycle



## **Post Traumatic** Nightmares

Awakens disoriented

Content often trauma related

Emotionally terrified

Very difficult to return to sleep

Usually includes thrashing movements & vocalization

Occurs earlier in sleep cycle

# How do they compare?

Pruiksma et al. (2016: Sample of 108 Soldiers (AD & OIF/OEF)

Nightmares Before PTSD Treatment





Nightmares After Successful PTSD Treatment





#### **Clinical Note:**

While many Service members with PTSD experience nightmares, specific criteria must be met for a co-morbid Nightmare Disorder diagnosis.

#### **Resources:**

CDP Webinar: Sleep & PTSD

American Academy of Sleep Medicine Nightmare Practice Guidelines

**Blogs: Consortium for Health & Military Performance** 

Sleep & PTSD: A Double Whammy

Treatments for Insomnia & PTSD

Prioritizing Insomnia & PTSD

For more information about the treatment of anger in patients with PTSD register for CDP Presents: Helping Patients with PTSD-Related Nightmares Online via Zoom, lead by Kristin Pruiksma, PhD., University of Texas Health Science Center at San Antonio

Pruiksma, K. E. et al. (2016). Residual sleep disturbances following PTSD treatment in active duty military personnel.. Psychological Trauma. 8(6): 697-701. dod: 10.1037/tra0000150