

Night Terrors vs. Nightmares: Different Symptoms and Its Treatment

Martin Robert*

Department of Psychiatric, University of Leicester, Leicester, UK

DESCRIPTION

Night terrors, which frequently affect children between the ages of 3 and 12, are repeated episodes of severe screams, sobbing, writhing, or panic during sleep. Age 3 1/2 is the peak for new cases. Rapid Eye Movement (REM) and Non-Rapid Eye Movement are the two basic categories of sleep (Non-REM). About 90 minutes after a child goes to sleep, during non-REM sleep, night terrors typically occur. Night terrors, sometimes referred to as sleep terrors; affect 1 to 6 out of every 100 kids. Boys and girls of all races and genders experience them. Night terrors tend to run in families.

Night terrors vs. nightmares

Unlike typical nightmares, which occur during REM sleep, night terrors don't happen during sleep. During a night terror episode, we can find it challenging to wake our child.

Night terror signs and symptoms

Children who experience night terrors may also:

- Quick heartbeat
- Quick respiration
- Sweating
- Dilated eyes
- Shout and flail about in bed.
- Appear alert but be perplexed
- They appear to be unaware that a parent is present.
- Don't talk
- Not react to a parent's consoling words
- The majority of episodes only last a few minutes, but it may take the youngster up to 30 minutes to calm down and fall back asleep.

Triggers and causes of night terror

There is a familial tendency for night terrors. They frequently lack a clear-cut aetiology. Yet several factors, such as the following, might be involved:

- Being sleep deprived

- Depression or anxiety as a result of stress
- Excessive caffeine
- Lack of sleep
- Sleeping in an unfamiliar location or away from home
- Issues with sleep, such as sleep apnea
- Irritable bowel syndrome
- Drugs that have an impact on the central nervous system (the brain)
- Surgery under anaesthetic recently

Diagnoses for night terrors

They may do tests such as the following if they suspect other health issues:

- Using an EEG to monitor brain activity and look for seizure disorders
- A polysomnographic sleep study to look for breathing issues

Night terror treatment

There is no cure for night terrors, but as children get older, they usually stop. Rarely, if the episodes are interfering with child's day-to-day activities (such as their academic performance or interactions with friends and family), doctor may recommend low-dose benzodiazepines (such as clonazepam) or tricyclic antidepressants (such as imipramine).

CONCLUSION

There are some things we may try that might help if child frequently experiences night terrors. One example is waking them up throughout the night. First, count the minutes till the night terrors begin. 15 minutes prior to the anticipated night terror, wake up child, and keep them up and out of bed for 5 minutes more. We could wish to enquire if they plan to use the lavatory. Keep doing this for a week. The brief episodes of night terrors typically span several weeks. Most kids outgrow them by the time they reach adolescence.

Correspondence to: Martin Robert, Department of Psychiatric, University of Leicester, Leicester, UK; E-mail: Martin111@gmail.com

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