

# NIGHT TERROR

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## **How to Treat Your Child's Night Terrors | National Sleep Foundation**

Night terror, also known as sleep terror, is a sleep disorder causing feelings of terror or dread typically occurring during the first hours of stage 3-4 non-rapid eye .

## **Night Terrors (for Parents) - KidsHealth**

A night terror is a partial waking from sleep with behaviors such as screaming, kicking, panic, sleep walking, thrashing, or mumbling.

## **Night Terrors - StatPearls - NCBI Bookshelf**

Many children experience nightmares and night terrors, but most grow out of them. They don't cause any long-term harm to your child.

## **Night terrors - ypefofiropoz.tk**

Night terrors are a common experience. They are not medically significant, but they can be distressing. They are more common in children than.

## **An evolutionary perspective on night terrors**

There are many things that can cause a child to wake up during the night. Most of these happen when children are overtired or under stress.

Related books: [Teddys Tantrum](#), [Hollywood Screenwriting Directory Fall 2012: A Specialized Resource for Discovering Where & How to Sell Your Screenplay](#), [How We Made Our First Million on Kindle: The Shelfless Book](#), [Some Cool Ways To Make Your Penis Bigger](#), [Dale and the Golden Nugget - A Short Love Story](#).

Understand that there is no way to shorten the episode. See the table below for the differences between night terrors and nightmares.

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Children who have night terrors may be more likely to have them at times Night Terror they are very tired. Olson EJ expert opinion. In children, sleep terrors are more common in females. Darien, Ill. External link. Stay awake for several minutes before going back to sleep.