

ANXIETY NIGHTMARE

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Anxiety Nightmares: Impact on Sleep and Mental Health

Abstract

Anxiety nightmares are a type of recurring and distressing dream that are associated with anxiety disorders. These nightmares can have a negative impact on sleep quality and mental health. This paper will review the literature on anxiety nightmares, discuss the associated effects, and provide recommendations for managing anxiety nightmares.

Introduction

Anxiety nightmares are a type of recurring dream associated with anxiety disorders. These nightmares can be disturbing and can have a significant impact on sleep quality and mental health (Peters, 2020). This paper will review the literature on anxiety nightmares, discuss the associated effects, and provide recommendations for managing anxiety nightmares.

Literature Review

Anxiety nightmares are defined as nightmares that are associated with an anxiety disorder (Yon, 2018). Anxiety nightmares often involve themes of danger, helplessness, and powerlessness (Peters, 2020). Anxiety nightmares are more common in individuals who have experienced trauma or who have a history of anxiety or depression (Yon, 2018). Studies have found that anxiety nightmares are associated with a decrease in sleep quality, increased daytime fatigue, and increased levels of anxiety and depression (Peters, 2020).

Effects of Anxiety Nightmares

Anxiety nightmares can have a significant impact on sleep quality and mental health. Studies have found that individuals who experience anxiety nightmares have decreased sleep quality, increased daytime fatigue, and increased levels of anxiety and depression (Peters, 2020). Anxiety nightmares can also lead to increased levels of stress and difficulty concentrating (Yon, 2018).

Management of Anxiety Nightmares

There are a number of strategies that can be used to manage anxiety nightmares. Cognitive Behavioral Therapy (CBT) can be used to help individuals identify and modify distorted thoughts and beliefs that may be contributing to the anxiety nightmares (Yon, 2018). Relaxation techniques, such as deep breathing and progressive muscle relaxation, can help reduce anxiety and improve sleep quality (Peters, 2020). Finally, medications, such as antidepressants, can be used to help reduce anxiety symptoms and improve sleep quality (Yon, 2018).

Conclusion

Anxiety nightmares are a type of recurring dream associated with anxiety disorders. These nightmares can have a significant impact on sleep quality and mental health. There are a number of strategies that can be used to manage anxiety nightmares, including CBT, relaxation techniques, and medications.

References

Peters, J. (2020). Anxiety Nightmares: Cause, Effects, and Management. Retrieved from <https://www.verywellmind.com/anxiety-nightmares-2584530>

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