

Interested in free, web-based training in CBT-Nightmares?

 **CBTNightmares.org**

**Cognitive Behavioral Therapy for Nightmares (CBT-N)**

**A Non-Medication Treatment for Chronic Nightmares**

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# **What is CBT-N?**

CBT-N is a **short-term**, targeted treatment that focuses on treating symptoms of chronic **nightmares** and sleep problems. CBT-N is an evidence-based treatment shown to **reduce the frequency, severity, and intensity of nightmares**, including those related to trauma. It addresses chronic nightmares in four ways:

1. Education about sleep and nightmares
2. Relaxation techniques
3. Changing sleep habits
4. Confronting nightmares

# **What are nightmares?**

Nightmares are bad dreams that include negative emotions, cause you to wake up, and are remembered.

# **How long is treatment?**

CBT-N lasts for 6 weeks, with each session lasting approximately 1 hour. Sessions can be conducted in person or virtually.

 **How does CBT-N work?**

CBT-N addresses three areas that your sleep and nightmares may have impacted:

1. **Body**- nightmares & sleep problems may change how your body feels and reacts
2. **Actions**- nightmares & sleep problems may change what you do at night or during the day
3. **Thoughts**- nightmares & sleep problems may have changed how you think

*“CBT-N has really changed everything to me. Now I’m only having nightmares once in a blue moon where it used to be near every night. I’m sleeping for the first time in years. And what a difference.”*

*– Vietnam era Veteran, Seattle*