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LUCID DREAMS AS A CURE FOR NIGHTMARES
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Nightmares are defined as repeated occurrences of extremely dysphoric and well-remembered dreams that usually involve subjective threats to survival, security, or physical integrity. Generally, they occur during rapid eye movement sleep (REMS) and lead to awakenings with distress and insufficient overnight sleep.

Nightmares may occur spontaneously (idiopathic) or as recurrent nightmares. Recurrent nightmares cause significant distress and impairment in occupational and social functioning, as have been commonly observed in post-traumatic stress disorder, depression and anxiety. By contrast, during lucid dreaming (LD), subjects get insight of what they are dreaming and may even control the content of their dreams. These features may open a way to help those who suffer from nightmare disorder through re-significations of the dream scene, i.e., knowing that they are dreaming and having control over their dream content. Thus, lucid dreamers might be able to transform nightmares into normal dreams, thereby assuring a restoring sleep.

There are many techniques for achieving a lucid dream, such as:

- reading appropriate literature before bedtime
- simulating tactile and vestibular sensations
- mnemonic induction of lucid dreams, etc.

These techniques are described in more details in Stephen Lamberge's book «Lucid Dreams».

The relevance of mental disorders is undeniable today, so treatment methods such as lucid dreams can be very useful and more research is clearly warranted for a better estimation of the effective LD treatment and therapeutic outcome in clinical practice.