

# Natural Help 4...

## Nightmares, Night Terrors



### What are Night Terrors?

**Nightmares and night terrors** are two different things, though both can be distressing for little ones and their parents alike.

**Night terrors** are a fairly common childhood **sleep disorder** that is characterized by **extreme terror while sleeping and the inability to fully wake up**. While your child may be screaming, crying and desperately trying to escape something, with eyes wide open, he or she is in fact still in a state of sleep.

In this type of **sleep disorder** the sleep state is a **non-dreaming state** and usually there is no scary dream situation or object that has caused this terror, as is the case with nightmares. **Night terrors in children** are a fairly mysterious disturbance that occurs during deep sleep where your child will experience terror and fear without apparent cause.

These episodes can last anywhere between a few minutes to an hour, and generally your child will have no recollection of the event the next morning.

### What is the Difference between Night Terrors and Nightmares?

**Nightmares and night terrors** are different in a number of ways. For a start, nightmares occur during Rapid Eye Movement (REM) sleep, also known as dream sleep, whereas **night terrors** occur during slow wave sleep or deep sleep. Another difference is that a child having a nightmare will often wake up and have a memory of a bad dream. Children waking from a nightmare may be able to tell you details of what scared them and may even be too scared to go back to sleep or go to bed the following night. A child having a **night terror** is aware of the panic and feelings of fear, but aware of little else. The fear is usually not accompanied by a feared situation or object as in a nightmare and this lack of dream state often leaves the individual feeling disorientated and confused upon waking. In most cases, the only memory attached to the experience is that of a distinct feeling of danger, and even then, many children will wake the following morning with no memory of what happened the night before.

### Diagnosing Night Terrors

During a consultation, your general health practitioner or your child's pediatrician will ask for a brief description of the symptoms, the frequency of the **night terrors** and how they are affecting your child. **A full physical examination may be necessary** to rule out possible medical causes. These results will determine if any other testing may be necessary.

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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

## Possible Additional Tests

- An electroencephalogram (EEG), which is a test to measure brain activity, may be performed if a seizure disorder is suspected
- Polysomnography (a combination of tests used to check for adequate breathing while asleep) may be done if a breathing disorder is suspected
- A psychological evaluation if a psychological disorder is suspected

## Who Suffers from Night Terrors? Can they be prevented?

Night terrors are most common in children between the age of 2 to 6 (although they can occur at any age) and they affect approximately 15% of all children. Because **night terrors in children** usually disappear with age, radical treatment is usually not necessary. There are however ways of minimizing trauma and preventing recurring episodes.

## What are the symptoms of night terrors?

A night terror can be described as an overwhelming feeling of fear, danger or panic during a state of deep sleep. It may be accompanied by various factors including:

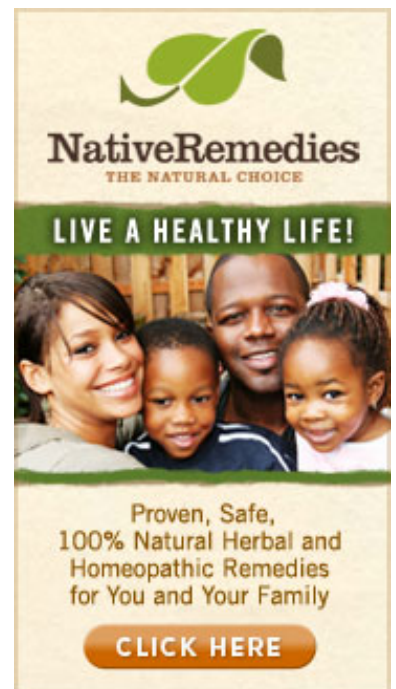
- Intense crying, screaming or attempts to escape
- Not easily woken
- Confusion and disorientation
- Inability to recall what happened
- Unresponsive to stimuli
- Increased heart rate
- Increased breathing rate
- Excessive sweating during episode

## What Causes Night Terrors?

Night Terrors are a **sleep disorder** that may be caused by a number of different factors. In some children, it is simply a childhood sleep problem that they will soon grow out of. In other cases, **night terrors in children** may be caused by a variety of factors, which include:

- Unresolved psychological conflicts such as chaotic home environment, overheard arguments, anxiety, some form of loss or grief
- A traumatic experience
- Post traumatic stress disorder (PTSD)
- Stressful life events
- Fatigue or sleep deprivation
- Violence on television
- Fever or illness
- Side effects of certain medications such as antihistamines, decongestants, beta blockers, and antidepressants, as well as withdrawal from addictive drugs.

## Help for Night Terrors



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### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

There are a number of treatment tips that you can implement at home to help prevent [night terrors](#) and to calm your child during [Night Terrors](#). Essentially, treatment is aimed towards **preventing further episodes by removing stressful triggers**, preventing any harm coming to your child during episodes and soothing your distressed child back to sleep after a [night terror](#).

Medical treatment is seldom needed unless [night terrors](#) are caused by another medical condition.

## Home Techniques for Preventing Night Terrors

- First make sure that your child is getting a sufficient amount of sleep as sleep deprivation is a major cause of [night terrors in children](#).
- Ensure that your child's room is safe and secure; if he or she has a tendency to get out of bed during these episodes this will help avoid physical harm.
- [Night terrors](#) often occur at a certain time in the sleep cycle (between the first and second hour of sleep). If you notice the pattern, try gently waking your child 15 minutes beforehand.
- Don't let your child watch scary movies, and don't read scary stories before bedtime.
- During a [night terror](#), be gentle and comforting without forcefully waking your child or causing further fright with loud voices or sudden movements. Turning on the lights, TV or radio can help provide gentle transition into wakefulness.
- Calm your child and offer gentle reassurance that you are there.
- Attempt to assist your child back to sleep by soothing him or her.

## Other Treatments

### Drug Treatments

Prescription medication is generally not used to treat [night terrors](#). While Benzodiazepine medications (such as diazepam) will often reduce [night terrors](#) they have serious side effects and are not recommended for children.

### Natural Herbal and Homeopathic Remedies

[Nightmares and night terrors](#) can be difficult to manage in the middle of the night, when parents and children are tired and little ones are difficult to console. Natural herbal and homeopathic remedies are a gentle, yet effective way to help settle your child after a [night terror](#), while also helping to restore healthy sleep patterns in the child who suffers from frequent night time disturbances. A number of natural ingredients are traditionally used to provide comfort and to settle your little one in times of fear and anxiety. In therapeutic potencies, certain homeopathic ingredients such as Aconite, Kali phos and Nat. sulph can be very helpful. Additionally, herbal remedies such as Passiflora Incarnata and Chamomile are safe for children, have a calming and relaxing effect and are especially useful in cases of sudden fright and nervous restlessness.

## Are There Other Disorders that may be Related to Night Terrors?

### Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

### Great Health Sites

[Pet Herbal Info Blog](#)

[The Natural Beat Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

[Native Remedies - Natural & Herbal Remedies](#)

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A number of other health conditions and **sleep disorders** are related to [night terrors](#), such as:

- Attention deficit–hyperactivity disorder (ADHD)
- Bipolar disorder
- Seizure Disorder
- Febrile illness
- Insomnia
- Nightmares

## Tips for Coping with your Child’s Night Terrors

- Don’t try and shake your child awake, or hug too tightly. This will add to their fear and need to escape. Rather stroke children gently and speak to them in a soothing voice.
- Stay with your child until he or she falls back asleep. Just having you there will be a comfort and help to reduce anxiety.
- Turn on the lights and create an atmosphere of quiet wakefulness. This is a lot less scary than a dark quiet room and will help to gently wake your child.
- If the [night terror](#) leads to sleep walking, gently guide your child back to bed without waking him or her. Be sure to put safety measures into place so that your child cannot wander into danger. Avoid bunk beds and keep the room clear of hazardous obstacles.
- Check that your child does not have a fever or illness that may be causing the [night terrors](#).
- If you suspect that the [night terrors](#) are related to an emotional issue or excessive stress or anxiety, set up an appointment with a child psychologist or licensed counselor.

Putting a good bedtime routine into practice will not only help ensure that your child is getting sufficient sleep each night, but it will promote a sense of safety and security. Less stimulating activities such as story time and quiet conversation are a good way to ease your child into relaxed state ready for sleep.

## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.



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Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be

## **herbal & homeopathic remedies:**

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

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further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

In the treatment of depression, the following herbal and homeopathic remedies are often used as part of the treatment plan.

## **Recommended Native Remedies Medicines:**

**Bad Dream Sprinkles:** Aids in the prevention and management of night terrors and nightmares in children.

Bad Dream Sprinkles is a 100% natural remedy formulated especially for toddlers and children by a Clinical Psychologist. The remedy contains a combination of gentle yet effective herbal ingredients traditionally used to **provide night time comfort and promote healthy sleep patterns**. Bad Dream Sprinkles may be used in the middle of the night, as well as preventatively.

Safe and easy to administer, the pleasant tasting granules of **Bad Dream Sprinkles are sprinkled on the tongue and rapidly absorbed** in the mouth – making them easy to administer to young children. The granules are sweet tasting and fine enough to be taken even by babies and small children, many of whom come to associate the taste with comfort and security.

Like all Native Remedies products, Bad Dream Sprinkles has been developed with care by our practicing clinical psychologist and is manufactured according to the highest pharmaceutical standards. Individual ingredients are well-researched and have been specially chosen for their high safety profile in children's health.

[Learn more about Bad Dream Sprinkles](#)

**MindSoothe:** Promotes balanced mood and feelings, as well as healthy levels of serotonin and other neurotransmitters.

MindSoothe is a 100% safe, non-addictive, natural herbal remedy that has been especially formulated by a Clinical Psychologist for adults and teens, and comes in a compact capsule form, making it easy to take.



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MindSoothe can be used to safely maintain [emotional health](#), balanced mood, [emotional wellness](#) and systemic harmony in the brain and nervous system, without harmful side effects.

This remedy contains a selection of herbs known for their calming and supportive function in maintaining brain and nervous system health, [emotional](#) balance and overall wellbeing.

[Learn more about MindSoothe](#)

**MindSoothe Jr.:** Promotes emotional and psychological health and balanced mood in children.

MindSoothe Jr. is a 100% safe, non-addictive, natural herbal remedy, especially formulated by a Clinical Psychologist for children.

MindSoothe Jr. supports the brain's **natural ability to regulate emotion and mood** – maintaining production of essential brain hormones and chemicals related to nervous system health and emotional well-being, thereby helping to maintain balanced mood and optimum performance. MindSoothe Jr. can be used to safely promote well being and naturally support health and systemic balance in the brain and nervous system - **without any harmful side effects** or risk of addiction.

Instead of the capsules used in the adult formula, MindSoothe Jr. comes in convenient and easy to administer drop form – making it simple to adjust dosage for different age groups.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about MindSoothe Jr.](#)

Read the testimonials for these quality products [here!](#)

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