



about nightmares their causes how to reduce them

10 jul 2025 hypnopompic hallucinations are generally harmless hallucinations that occur as a person wakes up they re more common in people with certain disorders however

14 jul 2025 lucid dreaming is a state of semi awareness where dreamers can control their dreams frequent lucid dreaming may disrupt regular sleep patterns and lead to sleep deprivation lucid

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