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A nightmare also known as a bad dream [1] is an unpleasant dream that can cause a strong emotional response from the mind typically fear but also despair anxiety disgust or sadness

The dream may contain situations of discomfort psychological or physical terror or panic nightmare disturbing dream that provokes a strong negative emotional reaction. Nightmares differ from other dreams in that they typically cause the sleeper to awaken because of emotional distress

An upsetting dream that does not cause the dreamer to awaken is usually not considered a nightmare. It was not until the 16th century that the word nightmare came to mean a frightening dream. This meaning probably came from the belief that such dreams were caused by evil spirits. NIGHTMARE meaning 1

a very upsetting or frightening dream 2. an extremely unpleasant event or experience or

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But when eerie figures from her past stories come to life she's forced to confront a buried childhood trauma. nightmare n. 1. a terrifying dream producing feelings of extreme fear and anxiety. 2

a condition thought or experience suggestive of a nightmare. 3. formerly a monster or evil spirit believed to oppress persons during sleep.

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