

www.aasmnet.org/.../nightmaredisorder.pdf

[11 SEP] <http://www.health.mil/News/Articles/2016/05/05/New-DoD-mobile-app-helps-diffuse-nightmares-for-better-sleep>

"The Dream EZ app enables users to:

- Write and log a description of the nightmare
- Track when and how often the nightmare occurs
- Practice visualization techniques to rewrite the dream's plot and ending

Radio lab (could be assigned as homework to listen. It is 15 minutes)

<http://www.radiolab.org/story/182747-wake-up-dream/>

Youtube clip of Harry Potter movie fighting a bogart

<https://www.youtube.com/watch?v=doxxfXqpKYA>

<http://www.poehealth.org/for-the-classroom-sleep-hygiene-journal/>