

FACT SHEET

DREAM EZ

DIMINISH NIGHTMARES FOR FULL NIGHT'S SLEEP



SOLUTION DELIVERY
DIVISION

Dream EZ uses principles from Imagery Rehearsal Therapy (IRT) for nightmare reduction to help users control their nightmares by making them diminish in intensity and frequency. These techniques help users get a better night's sleep.

Imagery Rehearsal Therapy (IRT) is a proven non-medication treatment that helps a user reimagine the script of their nightmare to rewrite it to have a more pleasant outcome. Similar to how an athlete can visualize a high level of performance in an upcoming game, the brain's imagery system can be retrained over time to change the storyline of a nightmare.

By engaging in dream rescription and imagery rehearsal, the dream content becomes less disturbing and less likely to cause a person to wake up from a nightmare. People that use IRT typically do not report that they have the actual revisualized dream; instead, they report either that their nightmares happen less frequently, do not happen at all, or tend to be less disturbing, which makes it easier to return to sleep.

This app was produced by the Web & Mobile Technology (WMT) Program Management Office, part of the Defense Health Agency (DHA) Solution Delivery Division. WMT provides web and mobile solutions to the DHA and other Department of Defense and Veterans Affairs organizations.



Key Features

- ▶ Limits nightmares so users can get a better night's sleep
- ▶ Helps reduce stress and anxiety
- ▶ Provides resources to track nightmares and enhance treatment options

Key Benefits

- ▶ Users rewrite scripts of their nightmares in the Dream Log
- ▶ Tools to help users relax and reduce stress
- ▶ Although Dream EZ can be used on its own, this app was designed to be used along with a provider trained in IRT
- ▶ Available for free download for iPhone and Android devices



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