

Unravelling the Enigma: The Psychology behind Nightmares

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Abstract: *This study delves into the intricate realm of nightmares, exploring their psychological underpinnings. Investigating the factors that contribute to the occurrence of nightmares, we unravel the complexities of the human mind during sleep, shedding light on the potential causes and implications for mental well-being. Through an analysis of dream theories, trauma, and cognitive processes, this abstract provides insights into the intriguing phenomenon of nightmares, aiming to deepen our understanding of the subconscious mechanisms that manifest in unsettling nocturnal visions..*

Keywords: Dream Analysis, Subconscious Fears, Sleep Psychology, Nightmares Origins, Emotional Processing, Trauma Influence, REM Sleep, Cognitive Neuroscience