

# Triggers and Causes for Night Terrors

- Traumatic experiences in childhood
- Negative thoughts and emotions
- Chronic stress and anxiety
- Medications
- Substance abuse
- Medical condition
- Family history of recurring nightmares
- Sleep disorders



# Night Terror

**S Baum**



**Night Terror:**

Fuel your quest for knowledge with is thought-provoking masterpiece, Dive into the World of **Night Terror** . This educational ebook, conveniently sized in PDF ( PDF Size: \*), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons. .

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