BI-POLAR DREAMS

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Bipolar Disorder: Sleep Problems and Treatments

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Bipolar Disorder and Dreaming | International Bipolar Foundation

Disturbed sleep is common in people who have bipolar disorder. Many experience vivid dreams and nightmares, coupled with either insomnia.

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Does anyone have any thoughts on these night terrors? I have always had vivid and violent dreams. My wife, for instance, Bi-Polar Dreams had lucid dreams where she has flown and controlled her body in the process.

Iwasn'tmedicateduntilIwasalmost20, butuptilthatpointIoftenhadterrisinge Fri, A older indian would sit in a old rocking chair and would watch over me. These are all things that have happened to me. Eliminatealcoholandcaffeinelateintheday. I would sometimes have screaming episodes in the middle of the night, but I wouldn't remember much about that in the morning.