

Symptoms Of NIGHTMARES AND NIGHT TERRORS In Babies



Symptoms Of Nightmares

Sudden awakening



Looks scared



Scared to sleep again,
especially alone



May sweat and have
an increased heartbeat



Symptoms Of Night Terrors

Looks scared in a
semi-sleep state



Shouts and screams
in sleep



Turns over and moves
limbs violently



Experiences heavy sweating
with heavy breathing

