What can you do to prevent nightmares?

bakadesuyo | 4 May, 2012 | by Eric Barker

May want to try discussing things that scare you after they happen. Talking about a horror movie after seeing it reduced nightmares.

Via Brain Candy: Science, Paradoxes, Puzzles, Logic, and Illogic to Nourish Your Neurons:

And by exploring how people stop these dreams and fears, researchers are learning how we might combat more serious PTSD. For instance, researchers find that talking about a horror movie afterward reduces the occurrence of bad dreams.