

Behavioral Treatment for Nightmares in REM Sleep Behavior Disorder

NCT06441864

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Utah
Enrollment	20 participants

Key Eligibility Criteria

Inclusion (12)

- Diagnosis of isolated RBD or RBD secondary to neurodegenerative disease
- Age 18 or older
- Speak, read, and write English
- Live in the United States
- Nightmare frequency e3 times per week
- ... and 7 more (see full listing online)

Exclusion (6)

- Possible dementia
- Narcolepsy
- Posttraumatic stress disorder
- Previous behavioral treatment for nightmares
- Currently engaged in sleep- or trauma-focused psychotherapy
- ... and 1 more (see full listing online)

Locations (1 total)

University of Utah, Salt Lake City, Utah, United States