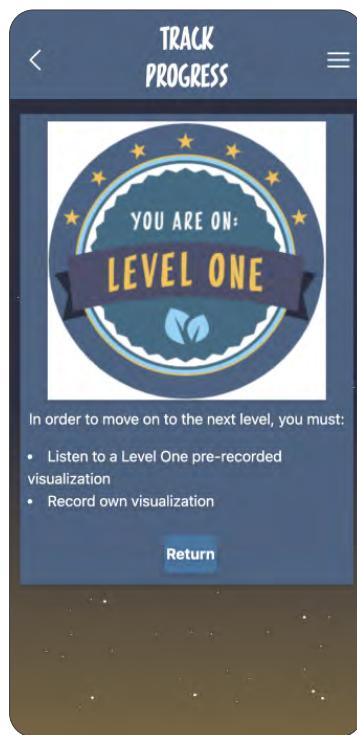
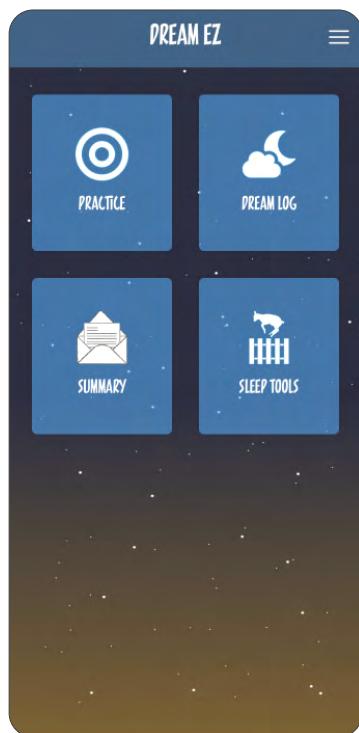


The Dream EZ app uses principles from Imagery Rehearsal Therapy (IRT) to help users manage their nightmares by making them diminish in intensity and frequency. These techniques help users get a better night's sleep.

IRT is an effective non-medication treatment that helps a user reimagine the script of their nightmare to rewrite it to have a more pleasant outcome. Similar to how an athlete can visualize a high level of performance in an upcoming game, the brain's imagery system can be retrained over time to change the storyline of a nightmare.

By engaging in dream prescription and imagery rehearsal, the dream content becomes less disturbing and less likely to cause a person to wake up from a nightmare. People that use IRT report that they do not experience the original or actual dream. Instead, they report less disturbing nightmares, a decrease in nightmares, or none at all—making it easier to sleep. Though useful on its own, Dream EZ works best when paired with a provider trained in IRT.

This app is managed by the **Solution Delivery Division Web & Mobile Technology Program Management Office**.



## Key Features

- Engage with sleep tools such as muscle relaxation and guided meditation exercises
- Record dreams in the log for reflection and tracking
- Rewrite scripts of nightmares into less disturbing dreams
- Allows customization of security settings

## Key Benefits

- Reduces the frequency and intensity of nightmares, improves sleep
- Helps reduce stress and anxiety
- Provides resources to track nightmares and enhance treatment options
- Available for free download on iOS and Android devices



To view more DHA mobile applications, visit <https://mobile.health.mil>