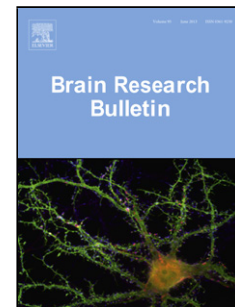


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Title: Preventing sleep on the first resting phase following a traumatic event attenuates anxiety-related responses

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Research Highlights

- 1) Recurring memories of a traumatic event are a fundamental feature of PTSD.
- 2) Sleep immediately following learning result in the long-term preservation of emotional memories.
- 3) Sleep deprivation following a potentially traumatic event may prevent the consolidation of event-related memories.
- 4) Preventing sleep on the first resting phase following a traumatic event attenuates posttraumatic symptoms.

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