

## **Abstract**

This bachelor's thesis deals with nightmares and their connection to creativity and quality of sleep. Current findings about nightmares, quality of sleep in university students, creativity, and the connection between nightmares and sleep quality and between nightmares and creativity are summarized here. This pilot study yielded data on the prevalence of nightmares and quality of sleep in a population of university students. The prevalence of frequent nightmares (at least one nightmare a week) was 27,9 %, and the prevalence of poor sleep quality was 88,4 %. Furthermore, the relationships between nightmares and sleep quality and nightmares and creativity were examined. Nightmare frequency was positively correlated with sleep quality. No correlation was found between nightmare frequency and domain-specific creativity and nightmare distress and domain-specific creativity. Considering the high prevalence of frequent nightmares and poor sleep quality and the positive correlation found between nightmare frequency and sleep quality, I believe it would be appropriate to pursue this topic further. Although no correlation was found in this study between nightmare frequency and creativity, foreign research indicates some evidence for this relationship. Further research could work with a sample of participants with extreme nightmare frequency and use a qualitative approach for their study.