

Abstract

The topic of this bachelor's thesis is to explore the impact of sleep on trauma processing. The thesis focuses on mapping the current knowledge about trauma and the factors that influence the development of trauma-related disorders, especially post-traumatic stress disorder, and the mechanisms of its functioning, especially in terms of cognitive models of the disorder. It also presents the current treatment options and their effectiveness, with most attention given to the method of Eye Movement Desensitization and Reprocessing. The thesis also presents the problematic of post-traumatic stress disorder in the context of sleep, describing the processes that take place during sleep, the bidirectional relationship between sleep and health, and how this relationship manifests itself in post-traumatic stress disorder. The thesis also focuses on the problematic of memory consolidation and the method of targeted memory reactivation. The thesis also aims to design a research project that uses findings from the theoretical part. The aim of the research design is to test the effectiveness of targeted memory reactivation for patients with PTSD and to discuss the potential benefits and limitations of such intervention.

Key words: post-traumatic stress disorder; cognitive models; sleep; memory consolidation; targeted memory reactivation