

Abstract

This bachelor thesis is focused on describing of the posttraumatic stress disorder and its symptoms with special focus on sleeping disorders. The research part is preceded by the theoretical part. This part is focused on three areas – posttraumatic stress disorder (hereafter PTSD), sleeping disorders and treatment. The first part is dedicated to the definition of the concepts of stress, trauma and PTSD itself. Further on, it focused on describing of the treatment, pharmacological and foremost psychotherapy. In the Czech Republic, the area of sleep disorders in PTSD is yet to be explored. Therefore, a correlation study has been proposed in order to reveal possible relationship between PTSD symptoms and sleep quality in individuals who have been diagnosed with PTSD. The data will be obtained by a questionnaire survey and hopefully, I will enable further research in this area in the future.

Keywords

posttraumatic stress disorder, sleep disorders, sleeping, stress, trauma, psychotherapy