

Abstract

This bachelor's thesis examines the potential impact of experiencing a traumatic event on mental health, focusing on the effects on sleep quality in the context of a pandemic. In the theoretical part, space is devoted to defining trauma, the traumatic event and associated post-traumatic stress disorder, with an emphasis on sleep-related symptomatology and changes in sleep quality. Furthermore, the thesis focuses on the circumstances of the pandemic and its potential traumatic impact. The thesis also presents possible pharmacotherapeutic options related to PTSD symptomatology. The research design is aimed at testing the efficacy of prazosin on sleep quality in a population of frontline nurses during the COVID-19 pandemic diagnosed with post-traumatic stress disorder. Thus, this clinical trial could be beneficial in the treatment of acute sleep disorders in this population.