

COVID-19 REPORTS:

Dreams and Mental Health

968 people from the ages of 12 to 92 provided information about their dreams, and nightmares before and during the COVID-19 pandemic



DREAM FREQUENCY



46%
NO CHANGE

46% of participants reported no change in the number of dreams they had during the pandemic compared to before the pandemic.



34%
INCREASE

34% of participants reported an increase in dreams, and 19% reported a decrease.



19%
DECREASE

Bad Dreams

Overall, bad dreams **occurred less often** during the pandemic

Nightmares

The frequency of nightmares **did not change** during the pandemic

Stress

The more people had increased stress during the pandemic, the more they had dreams, bad dreams, and nightmares.

DREAM TOPICS DURING THE PANDEMIC

Trying something over and over

Sexual experiences

Arriving too late

Separation from a loved one

Being chased or pursued

Being sick

Being in a hospital

Germs

20%

40%

60%

Frequency of Dream Topics

Frequency of dreams about inefficacy, human threat, death and pandemic increased as **stress levels** increased

DREAMS AND MENTAL HEALTH

Dreams about the **pandemic** were related to **stress levels**



Dreams about **inefficacy** were related to symptoms of **depression**



Dreams about **death** were related to **depression** and **anxiety** symptoms



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Solomonova E, Picard-Deland C, Rapoport IL, Pennestri MH, Saad M, Kendzerska T, Veissiere SPL, Godbout R, Edwards JD, Quilty L, Robillard R. (2021). Stuck in a lockdown: Dreams, bad dreams, nightmares, and their relationship to stress, depression and anxiety during the COVID-19 pandemic. *PLoS One*, 24;16(11):e0259040. doi: [10.1371/journal.pone.0259040](https://doi.org/10.1371/journal.pone.0259040)