

Publications

Michael Schredl

Books:

- Stuck, B. A., Maurer, J. T., Schredl, M., & Weeß, H.-G. (2009). *Praxis der Schlafmedizin*. Heidelberg: Springer.
- Schredl, M. (2008). *Traum*. München. Reinhardt/UTB.
- Schredl, M. (2004). *Traumerinnerung: Modelle und empirische Untersuchungen*. Marburg: Tectum.
- Schredl, M. (1999). *Die nächtliche Traumwelt: Einführung in die psychologische Traumforschung*. Stuttgart: Kohlhammer.
- Schredl, M. (1998). *Träume und Schlafstörungen: Empirische Studie zur Traumerinnerungshäufigkeit und zum Trauminhalt von schlafgestörten PatientInnen*. Marburg: Tectum.

Peer-reviewed Journals:

2011

- Schredl, M., & Reinhard, I. (2011). Gender differences in nightmare frequency: a meta-analysis. *Sleep Medicine Reviews*, 15, 115-121.
- Schredl, M., & Erlacher, D. (2011). Frequency of lucid dreaming in a representative German sample. *Perceptual and Motor Skills*, 111, 60-64.

2010

- Schredl, M. (2010). Nightmare frequency and nightmare topics in a representative German sample. *European Archives of Psychiatry and Clinical Neuroscience*, 260, 565-570.
- Erlacher, D., & Schredl, M. (2010). Practicing a motor task in a lucid dream enhances subsequent performance: A pilot study. *Sport Psychologist*, 24, 157-167.
- Schredl, M., Götz, S., & Ehrhardt-Knudsen, S. (2010). Precognitive dreams: A pilot diary study. *Journal of the Society for Psychical Research*, 74(900), 168-175.
- Schredl, M. (2010). Reading books about dream interpretation: Gender differences. *Dreaming*, 20, 248-253.
- Schredl, M. (2010). Characteristics and contents of dreams. *International Review of Neurobiology*, 92, 135-54
- Schredl, M., Lahl, O., & Göritz, A. S. (2010). Nightmare frequency and femininity/masculinity. *Perceptual and Motor Skills*, 111, 60-64.
- Kuelz, A. K., Stotz, U., Riemann, D., Schredl, M., & Voderholzer, U. (2010). Dream Recall and Dream Content in Obsessive-Compulsive Patients: Is There a Change During Exposure Treatment? *Journal of Nervous and Mental Disease*, 198, 593-596.
- Schredl, M. (2010). Nightmares: an under-diagnosed and undertreated condition? *Sleep*, 33, 733-734.
- Schredl, M. (2010). Explaining the gender difference in dream recall frequency. *Dreaming*, 20, 96-106.
- Schilling, C., Schredl, M., Strobl, P., & Deuschle, M. (2010). Restless legs syndrome: evidence for nocturnal hypothalamic-pituitary-adrenal system activation. *Movement Disorders*, 25, 1047-1052.
- Schredl, M. (2010). Do sleep disorders affect the dreaming process? Dream recall and dream content in patients with sleep disorders. *Sleep Medicine Clinics*, 5, 193-202.
- Funkhouser, A., & Schredl, M. (2010). The frequency of déjà vu (déjà rêve) and the effects of age, dream recall frequency and personality factors. *International Journal of Dream Research*, 3, 60-64.
- Schredl, M. (2010). Dream content analysis: Basic principles. *International Journal of Dream Research*, 3, 65-73.

- Schredl, M., & Erlacher, D. (2010). Is sleep-dependent memory consolidation of a visuo-motor task related to dream content? *International Journal of Dream Research*, 3, 74-79.
- Erlacher, D., & Schredl, M. (2010). Frequency of sport dreams in athletes. *International Journal of Dream Research*, 3, 91-94.
- Wittmann, L., Zehnder, D., Schredl, M., Jenni, O. G., & Landolt, M. A. (2010). Posttraumatic nightmares and psychopathology in children after road traffic accidents. *Journal of Traumatic Stress*, 23, 232-239.
- Schredl, M., Lahl, O., & Göritz, A. S. (2010). Gender, sex role orientation and dream recall frequency. *Dreaming*, 20, 19-24.
- Deuschle, M., Schredl, M., Schilling, C., Wüst, S., Frank, J., Witt, S. H., Rietschel, M., Buckert, M., Meyer-Lindenberg, A., & Schulze, T. G. (2010). Association between a serotonin transporter length polymorphism and primary insomnia. *Sleep*, 33, 343-347.
- Schredl, M., & Schawinski, J. A. (2010). Frequency of dream sharing: The effects of gender and personality. *American Journal of Psychology*, 123, 93-101.
- Schredl, M., & Sartorius, H. (2010). Dream recall and dream content in children with attention deficit/hyperactivity disorder. *Child Psychiatry and Human Development*, 41, 230-238.
- Schredl, M., & Reinhard, I. (2009-2010). The continuity between waking mood and dream emotions: Direct and second-order effects. *Imagination, Cognition and Personality*, 29, 271-282.

2009

- Schredl, M., Atanasova, D., Hörmann, K., Maurer, J. T., Hummel, T., & Stuck, B. A.. (2009). Information processing during sleep: the effect of olfactory stimuli on dream content and dream emotions. *Journal of Sleep Research*, 18, 285–290.
- Schredl, M. (2009). Effect of dreams on daytime mood: The effects of gender and personality. *Sleep and Hypnosis*, 11, 51-57.
- Erlacher, D., Schredl, M., Ehrlenspiel, F., & Bosing, M. (2009). Subjective sleep quality and state anxiety of high-school students prior to a final sport exam. *Advances in Psychology Research*, 63, 179-186.
- Schredl, M. (2009). Home dream recall in children and young adults. *International Journal of Dream Research*, 2, 58-59.
- Schredl, M. (2009). Nightmare frequency in patients with primary insomnia. *International Journal of Dream Research*, 2, 85-88.
- Schredl, M., Hebel, M. E., Klütsch, R. C., & Liehe, L. J. (2009). The role of mood-congruency memory effects in dream recall: a pilot study. *Dreaming* 19, 113–118.
- Schredl, M., & Stuck, B. A.. (2009). Einfluss olfaktorischer Reize und Reize anderer Sinnesmodalitäten auf den Trauminhalt – Eine Literaturübersicht. *Somnologie*, 13:170–175.
- Nölte, I., Lütkhoff, A. T., Stuck, B. A., Lemmer, B., Schredl, M., Findeisen, P., Groden, C. (2009). Pineal volume and circadian melatonin profile in healthy volunteers: An interdisciplinary approach. *Journal of Magnetic Resonance Imaging*, 30, 499–505.
- Erlacher, D., Schredl, M., & Lakus, G. (2009). Subjective sleep quality prior to home and away games for female volleyball players. *International Journal of Dream Research*, 2, 70-72.
- Schredl, M. (2009). Sex differences in dream aggression. *Behavioral Brain Sciences*, 32, 39-40.
- Schredl, M. (2009). Sharing dreams: sex and other sociodemographic variables. *Perceptual and Motor Skills*, 109, 235-238.
- Schredl, M. (2009). Frequency of precognitive dreams: Association with dream recall and personality variables. *Journal of the Society for Psychical Research*, 73, 81-90.
- Schredl, M., Fricke-Oerkermann, L., Mitschke, A., Wiater, A. Lehmkuhl, G. (2009). Longitudinal study of nightmares in children: stability and effect of emotional symptoms. *Child Psychiatry and Human Development*, 40, 439-449.
- Schredl, M. (2009). Recall frequency of positive and negative dreams in a representative German sample. *Perceptual and Motor Skills*, 108, 677-680.
- Schredl, M., Riemann, D., & Berger, M. (2009). The effect of trimipramine on dream recall and dream emotions in depressive outpatients. *Psychiatry Research*, 167, 279–286.
- Schredl, M. (2009). Dreams in patients with sleep disorders. *Sleep Medicine Reviews*, 13, 215–221.

- Schredl, M., Bocklage, A., Engelhardt, J., & Mingeback, T. (2009). Psychological boundaries, dream recall, and nightmare frequency: A new Boundary Personality Questionnaire (BPQ). *International Journal of Dream Research*, 2, 12-19.
- Schredl, M., Funkhouser, A., & Arn, N. (2009). Work-related dreams as related to job and life satisfaction in hairdressers. *International Journal of Dream Research*, 2, 33-36.
- Schredl, M., & Schmitt, J. (2009). Dream recall frequency and nightmare frequency in patients with sleep disordered breathing. *Somnologie*, 13, 12–17.
- Schredl, M., Desch, S., Röming, F., & Spachmann, A. (2009). Erotic dreams and their relationship to waking-life sexuality. *Sexologies*, 18, 38-43.
- Schredl, M., Fricke-Oerkermann, L., Mitschke, A., Wiater, A., & Lehmkuhl, G. (2009). Factors affecting nightmares in children: parents' vs. children's ratings. *European Child and Adolescent Psychiatry*, 18, 20-25.
- Hornung, O. P., Regen, F., Dorn, H., Anghelescu, I., Kathmann, N., Schredl, M., Danker-Hopfe, H., Heuser, I. (2009). The effects of donepezil on postlearning sleep EEG of healthy older adults. *Pharmacopsychiatry*, 42, 9-13.
- Schredl, M. (2008-09). Different factors affect different aspects of dream recall. *Imagination, Cognition and Personality*, 28, 349-359.
- Schredl, M., & Keller, K. (2008-09). Dream content in a representative German Sample: Gender differences and the effects of other socio-demographic variables. *Imagination, Cognition and Personality*, 28, 37-48.

2008

- Schredl, M., Fuchedzhieva, A., Hämig, H., & Schindele V. (2008). Do we think dreams are in black and white due to memory problems? *Dreaming*, 18, 175-180.
- Schredl, M. (2008). Spontaneously reported colors in dreams: correlations with attitude towards creativity, personality and memory. *Sleep and Hypnosis*, 10, 54-60.
- Schredl, M. (2008). Determining the dreamer's gender from a single dream report: a matching study. *International Journal of Dream Research*, 1, 23-26.
- Erlacher, D., Schredl, M., Watanabe, T., Yamana, J., & Gantzert, F. (2008). The incidence of lucid dreaming within a Japanese university student sample. *International Journal of Dream Research*, 1, 39-43.
- Schredl, M. (2008). Freud's interpretation of his own dreams in "The interpretation of dreams": a continuity hypothesis perspective. *International Journal of Dream Research*, 1, 44-47.
- Schredl, M., Biemelt, J., Roos, K., Dünkel, T., Harris, N. (2008). Nightmares and stress in children. *Sleep and Hypnosis*, 10, 19-25.
- Schredl, M., Anders, A., Hellriegel, S., & Rehm, A. (2008). TV viewing, computer game playing and nightmares in school children. *Dreaming*, 18, 69–76.
- Erlacher, D., & Schredl, M. (2008). Physiological response to „physical“ activity during REM lucid dreaming. *Dreaming*, 18, 112–121.
- Schredl, M. (2008). Personality correlates of flying dreams. *Imagination, Cognition and Personality*, 27, 129-137.
- Schredl, M., & Piel, E. (2008). Interest in dream interpretation: a gender difference. *Dreaming*, 18, 11-15.
- Schredl, M. (2008). Laboratory references in dreams: Methodological problem and/or evidence for the continuity hypothesis of dreaming? *International Journal of Dream Research*, 1, 3-6.
- Schredl, M., & Reinhard, I. (2008). Dream recall, dream length and sleep duration: state or trait factor. *Perceptual and Motor Skills*, 106, 633-636.
- Sobanski, E., Schredl, M., Kettler, N., & Alm, B. (2008). Sleep in adults with Attention Deficit Hyperactivity Disorder (ADHD) before and during treatment with methylphenidate: A controlled polysomnographic study. *Sleep*, 31, 375-381.
- Schredl, M., & Reinhard, I. (2008). Gender differences in dream recall: a meta-analysis. *Journal of Sleep Research*, 17, 125-131.
- Erlacher, D., & Schredl, M. (2008). Do REM (lucid) dreamed and executed actions share the same neural substrate? *International Journal of Dream Research*, 1, 7-14.

- Schredl, M. (2008). Snoring, breathing pauses, and nightmares. *Perceptual and Motor Skills*, 106, 690-692.
- Schredl, M., & Erlacher, D. (2008). Relationship between waking sport activities, reading and dream content in sport and psychology students. *Journal of Psychology*, 142, 267-275.
- Schredl, M. (2008). Dream recall frequency in a representative German sample. *Perceptual and Motor Skills*, 106, 699-702.

2007

- Schredl, M., & Erlacher, D. (2007). Self-reported effects of dreams on waking-life creativity: An empirical study. *Journal of Psychology*, 141, 35-46.
- Schredl, M., Alm, B., & Sobanski, E. (2007). Sleep quality in adult patients with attention deficit hyperactivity disorder (ADHD). *European Archives of Psychiatry and Clinical Neuroscience*, 257, 164-168.
- Wittmann, L., Schredl, M., & Kramer, M. (2007). The role of dreaming in posttraumatic stress disorder. *Psychotherapy and Psychosomatics*, 76, 25-39.
- Fricke-Oerkermann, L., Plück, J., Schredl, M., Heinz, K., Mitschke, A., Wiater, A. & Lehmkuhl, G. (2007). Prevalence and course of sleep problems in childhood. *Sleep*, 30, 1371-1377.
- Schredl, M. (2007). Dream recall frequency by socioeconomic status of Chinese students. *Perceptual and Motor Skills*, 105, 636-638.
- Hornung, O. P., Regen, F., Danker-Hopfe, H., Schredl, M., & Heuser, I. (2007). The relationship between REM sleep and memory consolidation in old age and effects of cholinergic medication. *Biological Psychiatry*, 61, 750-757.
- Schredl, M., & Piel, E. (2007). Prevalence of flying dreams. *Perceptual and Motor Skills*, 105, 657-660.
- Schredl, M., & Erlacher, D. (2007). REM sleep and visuo-motor skill learning: A correlational study. *Sleep and Hypnosis*, 9, 52-59.

2006

- Domhoff, B., Meyer-Gomes, K., & Schredl, M. (2005-06). Dreams as the expression of conceptions and concerns: a comparison of German and American college students. *Imagination, Cognition & Personality*, 25, 269-282.
- Schredl, M. (2006). Behandlung von Alpträumen. *Praxis der Kinderpsychologie und Kinderpsychiatrie*, 55, 132-140.
- Schredl, M., Fulda, S., & Reinhard, I. (2006). Dream recall and the full moon. *Perceptual and Motor Skills*, 102, 17-18.
- Hornung, O. P., Regen, F., Schredl, M., Heuser, I., & Danker-Hopfe, H. (2006). Manipulating REM sleep in older adults by selective REM sleep deprivation and physiological as well as pharmacological REM sleep augmentation methods. *Experimental Neurology*, 197, 486-494.
- Schredl, M., & Piel, E. (2006). War-related dream themes in Germany from 1956 to 2000. *Political Psychology*, 27, 299-307.
- Schredl, M. (2006). Factors affecting the continuity between waking and dreaming: emotional intensity and emotional tone of the waking-life event. *Sleep and Hypnosis*, 8, 1-5.
- Schredl, M., Barthold, C., & Zimmer, J. (2006). Dream recall and nightmare frequency: a family study. *Perceptual and Motor Skills*, 102, 878-880.
- Erlacher, D., & Schredl, M. (2006). Effect of a motor learning task on REM sleep parameters. *Sleep and Hypnosis*, 8, 41-46.
- Schredl, M., Funkhouser, A., & Arn, N. (2005-06). Dreams of truck drivers: A test of the continuity hypothesis of dreaming. *Imagination, Cognition and Personality*, 25, 179-186.
- Spoormaker, V. I., Schredl, M., & Van den Bout, J. (2006). Nightmares: from Anxiety Symptom to Sleep Disorder. *Sleep Medicine Reviews*, 10, 19-31.
- Schredl, M., Schmitt, J., Hein, G., Schmoll, T., Eller, S., & Haaf, J. (2006). Nightmares and oxygen desaturations: is sleep apnea related to heightened nightmare frequency? *Sleep and Breathing*, 10, 203-209.

Schredl, M., Hornung, O., Regen, F., Albrecht, N., Danker-Hopfe, H., & Heuser, I. (2006). The effects of donepezil on sleep in elderly, healthy persons: a double-blind placebo-controlled study. *Pharmacopsychiatry*, 39, 205-208.

Schredl, M. (2006). Repression and dreaming: an open empirical question. *Behavioral Brain Sciences*, 29, 531-532.

Schredl, M., & Sartorius, H. (2006). Frequency of dream recall by children and their mothers. *Perceptual and Motor Skills*, 103, 657-658.

2005

Schredl, M. (2005). REM sleep, dreaming, and procedural memory. *Behavioral and Brain Sciences*, 28, 80-81.

Schredl, M., & Piel, E. (2005). Gender differences in dreaming: Are they stable over time? *Personality and Individual Differences*, 39, 309-316.

Schredl, M., & Fulda, S. (2005). Dream recall and sleep duration: state or trait factor. *Perceptual and Motor Skills*, 101, 613-616.

Schredl, M., & Speck, S. (2005). The effect of donepezil on sleep in patients with Alzheimer's disease: an open pilot study. *Sleep and Hypnosis*, 7, 63-67.

Schredl, M., & Fulda, S. (2005). Reliability and stability of dream recall frequency. *Dreaming*, 15, 240-244.

Schredl, M., & Wittmann, L. (2005). Dreaming: A psychological view. *Swiss Archives of Neurology and Psychiatry*, 156, 484-492.

2004

Schredl, M., Schwenger, C., & Dehe, A. (2004). Gender differences in dreams: a matching study. *Counseling and Clinical Psychology Journal*, 1, 61-67.

Wittmann, L., Palmy, C. & Schredl, M. (2004). NREM sleep dream recall, dream report length and cortical activation. *Sleep and Hypnosis*, 6, 54-58.

Schredl, M. (2004). Length of diary dreams: single dreams vs. two or more dreams per morning. *North American Journal of Psychology*, 6, 121-124.

Erlacher, D., & Schredl, M. (2004). Time required for motor activity in lucid dreams. *Perceptual and Motor Skills*, 99, 1239-1242.

Schredl, M. (2004). Reliability and stability of a dream recall frequency scale. *Perceptual and Motor Skills*, 98, 1422-1426.

Schredl, M. (2004). Seasons in dreams. *Perceptual and Motor Skills*, 98, 1438-1440.

Schredl, M., & Erlacher, D. (2004). Lucid dreaming frequency and personality. *Personality and Individual Differences*, 37, 1463-1473.

Erlacher, D., & Schredl, M. (2004). Dreams reflecting waking sport activities: a comparison of sport and psychology students. *International Journal of Sport Psychology*, 35, 301-308.

Schredl, M., Ciric, P., Götz, S., & Wittmann, L. (2004). Typical dreams: stability and gender differences. *Journal of Psychology*, 138, 485-494.

Schredl, M., Burchert, N., & Grabatin, Y. (2004). The effect of training on interrater reliability in dream content analysis. *Sleep and Hypnosis*, 6, 139-144.

2003

Schredl, M. (2002/2003). Factors influencing the gender difference in dream recall frequency. *Imagination, Cognition and Personality*, 22, 33-39.

Schredl, M. (2003). Continuity between waking and dreaming: A proposal for a mathematical model. *Sleep and Hypnosis*, 5, 38-52.

Schredl, M., Wittmann, L., Ciric, P., & Götz, S. (2003). Factors of home dream recall: a structural equation model. *Journal of Sleep Research*, 12, 133-141.

Schredl, M., & Hofmann, F. (2003). Continuity between waking activities and dream activities. *Consciousness and Cognition*, 12, 298-308.

- Lederbogen, F., Schredl, M., Weber-Hamann, B., Kniest, A., Heuser, I., & Deuschle, M. (2003). Effect of ambulatory blood pressure measurement on sleep in patients with a major depressive episode. *Blood Pressure Monitoring*, 8, 187-190.
- Erlacher, D., Schredl, M., & LaBerge, S. (2003). Motor area activation during dreamed hand clenching: a pilot study on EEG alpha band. *Sleep and Hypnosis*, 5, 182-187.
- Schredl, M. (2003). Effects of state and trait factors on nightmare frequency. *European Archives of Psychiatry and Clinical Neuroscience*, 253, 241-247.
- Schredl, M., & Erlacher, D. (2003). The problem of dream content analysis validity as shown by a bizarreness scale. *Sleep and Hypnosis*, 5, 129-135.
- Schredl, M., Weiland, G., & Hentschel, F. (2003). Hyperaktiv durch Schlafstörungen? Obstruktives Schlafapnoe-Syndrom und Aufmerksamkeitsdefizit bzw. Hyperaktivität bei Kindern im Vorschulalter. *Kinderärztliche Praxis*, 74, 192-197.
- Schredl, M., Ciric, P., Götz, S., & Wittmann, L. (2003). Dream recall, attitude towards dreams and openness to experience. *Dreaming*, 13, 145-153.
- Schredl, M., & Piel, E. (2003). Gender differences in dream recall frequency: data from four representative German samples. *Personality and Individual Differences*, 35, 1185-1189.
- Schredl, M., Ciric, P., Bishop, A., Göltz, E., & Buschtöns, D. (2003). Content analysis of German students' dreams: comparison to American findings. *Dreaming*, 13, 237-243.
- Schredl, M., Landgraf, C., & Zeiler, O. (2003). Nightmare frequency, nightmare distress and neuroticism. *North American Journal of Psychology*, 5, 345-350.

2002

- Schredl, M. (2002). Questionnaires and diaries as research instruments in dream research: methodological issues. *Dreaming*, 12, 17-26.
- Schredl, M. (2002). Messung der Traumerinnerung: Skala und Daten gesunder Personen. *Somnologie*, 6, 34-38.
- Schredl, M. (2002). Sleep positions and personality: an empirical study. *North American Journal of Psychology*, 4, 129-131.
- Schredl, M. (2002). Dream recall and openness to experience: a negative finding. *Personality and Individual Differences*, 33, 1285-1289.
- Schredl, M., Brenner, C., & Faul, C. (2002). Positive attitude toward dreams: reliability and stability of a ten-item scale. *North American Journal of Psychology*, 4, 343-346.
- Schredl, M., Kronenberg, G., Nonell, P., & Heuser, I. (2002). Sleep quality in patients with panic disorder: relationship to nocturnal panic attacks. *Somnologie*, 6, 149-154.

2001

- Schredl, M., & Engelhardt, H. (2001). Dreaming and psychopathology: Dream recall and dream content of psychiatric inpatients. *Sleep and Hypnosis*, 3, 44-54.
- Schredl, M., Weber, B., Leins, M.-L., & Heuser, I. (2001). Donepezil-induced REM sleep augmentation enhances memory performance in elderly, healthy persons. *Experimental Gerontology*, 36, 353-361.
- Schredl, M. (2001). Dreams of singles: Effects of waking-life social contacts on dream content. *Personality and Individual Differences*, 31, 269-275.
- Schredl, M. (2001). Körper-Seele-Interaktion: Trauminhalt und Physiologie des REM-Schlafes. *Verhaltenstherapie und Verhaltensmedizin*, 22, 137-151.
- Schredl, M. (2001). Dream recall frequency of patients with restless legs syndrome. *European Journal of Neurology*, 8, 185-189.
- Schredl, M., Kronenberg, G., Nonell, P., & Heuser, I. (2001). Dream recall, nightmare frequency, and nocturnal panic attacks in patients with panic disorder: Their relationship to nocturnal panic attacks. *Journal of Nervous and Mental Disease*, 189, 559-562.
- Schredl, M. (2001). Night terrors in children: prevalence and influencing factors. *Sleep and Hypnosis*, 3, 68-72.

- Kronenberg, G., Schredl, M., Fiedler, K., & Heuser, I. (2001). In healthy volunteers responses to challenges with cholecystokenin tetrapeptide differ between administration during REM and delta sleep. *Depression and Anxiety*, 14, 141-144.
- Schredl, M., Funkhouser, A. T., Cornu, C. M., Hirsbrunner, H.-P., & Bahro, M. (2001). Reliability in dream research: an empirical study. *Consciousness and Cognition* 10, 496-502.
- Schredl, M., & Doll, E. (2001). Dream recall, attitude towards dreams and mental health. *Sleep and Hypnosis*, 3, 135-143.

2000

- Schredl, M., Weber, B., Braus, D., Gattaz, W. F., Berger, M., Riemann, D. & Heuser, I. (2000). The effect of rivastigmine on sleep in elderly healthy subjects. *Experimental Gerontology*, 35, 243-249.
- Schredl, M., Bohusch, C., Mader, A. & Somesan, A. (2000). The use of dreams in psychotherapy: a survey of psychotherapists in private practice. *Journal of Psychotherapy: Practice and Research*, 9, 81-87.
- Schredl, M. (2000). Continuity between waking life and dreaming: are all waking activities reflected equally often in dreams? *Perceptual and Motor Skills*, 90, 844-846.
- Schredl, M. (2000). Body-mind interaction: dream content and REM sleep physiology. *North American Journal of Psychology*, 2, 59-70.
- Schredl, M. (2000). Use of popular dream literature. *Perceptual and Motor Skills*, 90, 1194.
- Schredl, M. (2000). Gender differences in dream recall. *Journal of Mental Imagery*, 24, 169-176.
- Lange, R., Schredl, M., & Houran, J. (2000). What precognitive dreams are made of: the nonlinear dynamics of tolerance of ambiguity, dream recall, and paranormal belief. *Dynamic Psychology: An International Interdisciplinary Journal of Complex Mental Processes*. (<http://www.goertzel.org/dynapsyc/dynacon.html>)
- Schredl, M., Blomeyer, D., & Görlinger, M. (2000). Nightmares in children: influencing factors. *Somnologie*, 4, 145-149.
- Schredl, M. (2000). The effect of dreams on waking life. *Sleep and Hypnosis*, 2, 120-124.
- Schredl, M. (2000). Time series analysis in dream research. *Perceptual and Motor Skills*, 91, 915-916.
- Schredl, M. (2000). The relationship between dream recall and dream content: negative evidence for the salience hypothesis. *North American Journal of Psychology*, 2, 243-246.
- Schredl, M. (2000). Dream research: integration of physiological and psychological models. *Behavioural Brain Sciences*, 23, 1001-1003.

1999

- Schredl, M. (1998/1999). Präkognitive Träume: Überblick über die Forschung und Zusammenhang zum Traumerleben. *Zeitschrift für Parapsychologie und Grenzgebiete der Psychologie*, 40/41, 137-163.
- Schredl, M. (1999). Dream recall in patients with primary alcoholism after acute withdrawal. *Sleep and Hypnosis*, 1, 35-40.
- Schredl, M. (1999). The problem of dream length in dream content analysis. *Perceptual and Motor Skills*, 88, 434-436.
- Schredl, M. (1999). Quantitative Traumforschung: Methoden und Beispiele. *Somnologie* 3, 83-89.
- Schredl, M. (1999). Dream recall. research, clinical implications and future directions. *Sleep and Hypnosis* 1, 99-108, A1-A4.
- Schredl, M., Dombrowe, C., Bozzer, A., & Morlock, M. (1999). Do subliminal stimuli affect dream content? Methodological issues and empirical data. *Sleep and Hypnosis* 1, 181-185.
- Schredl, M., Rist, F., Dreyer, U., & Olbrich, R. (1999). Rückfallprognose bei alkoholabhängigen Männern anhand von Schlafparametern. *Somnologie* 3, 254-259.
- Schredl, M., & Schnitzler, M. (1999). Träume und Depression: Eine Literaturübersicht. *Psycho*, 25, 693-696.
- Proksch, K., & Schredl, M. (1999). The impact of parental divorce on children's dreams. *Journal of Divorce & Remarriage*, 30, 71-82.

Schredl, M., Kraft-Schneider, B., Kröger, H., & Heuser, I. (1999). Dream content of patients with sleep apnea. *Somnologie*, 3, 319-323.

Schredl, M., Schäfer, G., Hofmann, F., & Jacob, S. (1999). Dream content and personality: thick vs. thin boundaries. *Dreaming*, 9, 257-263.

Schredl, M., & Montasser, A. (1999). Dreaming and eating disorders. *Sleep and Hypnosis*, 1, 225-231.

1998

Schredl, M., & Jacob, S. (1998). Ratio of male and female characters in a dream series. *Perceptual and Motor Skills*, 86, 198-200.

Schredl, M., Kraft, B., Morlock, M., & Bozzer, A. (1998). Traum inhalte von schlafgestörten Patienten und Patientinnen. *Psychotherapie, Psychosomatik und Medizinische Psychologie*, 48, 39-45.

Schredl, M. (1998). The stability and variability of dream content. *Perceptual and Motor Skills*, 86, 733-734.

Schredl, M., Sahin, V., & Schäfer, G. (1998). Gender differences in dreams: Do they reflect gender differences in waking-life? *Personality and Individual Differences*, 25, 433-442.

Schredl, M., Loßnitzer, T., & Vetter, S. (1998). Is the ratio of male and female dream characters related to the waking-life pattern of social contacts? *Perceptual and Motor Skills*, 87, 513-514.

Schredl, M., & Pallmer, R. (1998). Geschlechtsunterschiede in Angstträumen von SchülerInnen. *Praxis der Kinderpsychologie und Kinderpsychiatrie*, 47, 463-476.

Schredl, M. (1998). Dream content in narcoleptic patients: preliminary findings. *Dreaming*, 8, 103-107.

Schredl, M., Schäfer, G., Weber, B., & Heuser, I. (1998). Dreaming and insomnia: Dream recall and dream content of patients with insomnia. *Journal of Sleep Research*, 7, 191-198.

Schredl, M., Schenck, W., Görtelmeyer, R., & Heuser, I. (1998). Einflußfaktoren auf die Schlafqualität bei Gesunden. *Somnologie*, 2, 99-103.

Schredl, M., & Doll, E. (1998). Emotions in diary dreams. *Consciousness and Cognition*, 7, 634-646.

Schredl, M., Weber, B., & Heuser, I. (1998). REM-Schlaf und Gedächtnis. *Psychologische Beiträge* 40, 340-349.

1996-1997

Schredl, M., Morlock, M., & Bozzer, A. (1996). Kindheitserinnerungen und Träume Erwachsener. *Zeitschrift für Psychosomatische Medizin und Psychoanalyse*, 42, 25-33.

Schredl, M., Schröder, A., & Löw, H. (1996). Traumerleben von älteren Menschen - Teil 2: Empirische Studie und Diskussion. *Zeitschrift für Gerontopsychologie und -psychiatrie*, 9, 43-53.

Schredl, M., Nürnberg, C., & Weiler, S. (1996). Dream recall, attitude toward dreams, and personality. *Personality and Individual Differences*, 20, 613-618.

Schredl, M., Kleinförchner, P., & Gell, T. (1996). Dreaming and personality: thick vs. thin boundaries. *Dreaming*, 6, 219-223.

Schredl, M., Pallmer, R., & Montasser, A. (1996). Anxiety dreams in school-aged children. *Dreaming*, 6, 265-270.

Schredl, M., & Montasser, A. (1996-97). Dream recall: State or trait variable? - Part I: model, theories, methodology and trait factors. *Imagination, Cognition and Personality*, 16, 181-210.

Schredl, M., & Montasser, A. (1996-97). Dream recall: State or trait variable? - Part II: state factors, investigations and final conclusions. *Imagination, Cognition and Personality*, 16, 239-261.

Schredl, M., & Pallmer, R. (1997). Alpträume bei Kindern. *Praxis der Kinderpsychologie und Kinderpsychiatrie*, 46, 36-56.

Schredl, M., Jochum, S., & Souguenet, S. (1997). Dream recall, visual memory, and absorption in imaginings. *Personality and Individual Differences*, 22, 291-292.

Schredl, M., Bozzer, A., & Morlock, M. (1997). Traumerinnerung und Schlafstörungen. *Psychotherapie, Psychosomatik und Medizinische Psychologie*, 47, 108-116.

Schredl, M., & Doll, E. (1997). Autogenic Training and dream recall. *Perceptual and Motor Skills*, 84, 1305-1306.

Hentschel, F., Schredl, M., & Dreßing, H. (1997). Schlaf-Apnoe-Syndrom und zerebrale Läsionen - eine prospektive MRT-Studie. *Fortschritte der Neurologie, Psychiatrie*, 65, 421-424.

1994-1995

- Schredl, M. (1994). Dream length and creativity: an opposite finding. *Perceptual and Motor Skills* 78, 1297-1298.
- Schredl, M. & Löw, H. (1994). Traumerleben von älteren Menschen - Teil 1: Literaturübersicht und Entwicklung einer Fragestellung. *Zeitschrift für Gerontopsychologie und -psychiatrie*, 7, 109-116.
- Schredl, M. (1995). Creativity and dream recall. *Journal of Creative Behavior*, 29, 16-24.
- Schredl, M., Frauscher, S., & Shendi, A. (1995). Dream recall and visual memory. *Perceptual and Motor Skills*, 81, 256-258.
- Schredl, M. (1995). Traumerinnerung: Persönlichkeitsdimension oder von situativen Faktoren beeinflusst? *Psychologische Beiträge*, 37, 133-180.
- Schredl, M. (1995). Traumerinnerung bei depressiven Patienten. *Psychotherapie, Psychosomatik und Medizinische Psychologie*, 45, 414-417.

1990-1993

- Dreßing, H., Riemann, D., Löw, H., Schredl, M., Reh, C., Laux, P., & Müller, E. (1992). Baldrian-Melisse-Kombinationen versus Benzodiazepin: Bei Schlafstörungen gleichwertig? *Therapiewoche*, 42, 726-736.
- Riemann, D., Hohagen, F., Fleckenstein, P., Schredl, M., & Berger, M. (1991). The cholinergic REM induction test with RS 86 after scopolamine pretreatment in healthy subjects. *Psychiatry Research*, 38, 247-260.
- Riemann, D., Löw, H., Schredl, M., Wiegand, M., Dippel, B., & Berger, M. (1990). Investigations of morning and laboratory dream recall and content in depressive patients during baseline conditions and under antidepressive treatment with trimipramine. *Psychiatric Journal of the University of Ottawa*, 15, 93-99.
- Riemann, D., Löw, H., Schredl, M., Wiegand, M., Dippel, B., & Berger, M. (1990). Träume und Depression. *TW Neurologie Psychiatrie*, 4, 531-543.

Book chapters/Other publications

- Schredl, M. (2011). Dreams in patients with sleep disorders. In M. H. Kryger, T. Roth & W. C. Dement (Eds.), *Principles and practice of sleep medicine*. Saunders, St. Louis, Missouri, 604-612.
- Schredl, M. (2010). Dreams. In J. W. Winkelmann & D. T. Plante (Eds.), *Foundations of psychiatric sleep medicine*. Cambridge University Press, Cambridge, 79-93.
- Schredl, M. (2010). Nightmare disorder. In M. J. Thorpy & G. Plazzi (Eds.), *The parasomnias and other sleep-related movement disorders*. New York: Cambridge University Press, 153-159.
- Schredl, M. (2010). History of dream research: The dissertation "Entstehung der Träume (Origin of dreams)" of Wilhelm Weygandt published in 1893. *International Journal of Dream Research*, 3, 95-97.
- Schredl, M. (2010). Dreaming and waking: Phenomenological and biological differences - Commentary on "The neurobiology of consciousness: Lucid dreaming wakes up" by J. Allan Hobson. *International Journal of Dream Research*, 3, 46-48.
- Schredl, M. (2010). Dreams in patients with narcolepsy. In Goswami, M., Pandi-Perumal, S. R., & Thorpy, M. J. (Eds.) *Narcolepsy: a clinical guide*. New York: Springer, 125-127.
- Fricke-Oerkermann, L., Schredl, M., & Lehmkuhl, G. (2009). Schlafstörungen. In: Fegert, J. M., Streek-Fischer, A., & Freyberger, H. J. (Eds.) *Adoleszenzpsychiatrie: Psychiatrie und Psychotherapie der Adoleszenz und des jungen Erwachsenenalters*. Stuttgart: Schattauer, 355-372.
- Schredl, M. (2009) Nightmares. In: Squire, L. R. (ed.) *Encyclopedia of Neuroscience (Volume 6)*. Oxford: Academic Press, 1145-1150.
- Schredl, M. (2009). Traumforschung und psychotherapeutische Praxis. *Psychotherapie im Dialog*, 10, 144-149.

- Schredl, M. (2008). Pavor nocturnus (Abschnitt XII-2.3). In H. Schulz (Hrsg.), *Kompendium Schlafmedizin der Deutschen Gesellschaft für Schlafmedizin und Schlafforschung*. Landsberg. Ecomed.
- Schredl, M., & Erlacher, D. (2008). *Frontiers in dream research – Editorial*. *International Journal of Dream Research*, 1, 1-2.
- Schredl, M. (2007). Gender differences in dreaming. In: Barrett, D., & McNamara, P. (Eds.), *The new science of dreaming – Volume 2: Content, recall, and personality correlates*. Westport: Praeger, 29-47.
- Schredl, M. (2007). Dream recall: models and empirical data. In: Barrett, D., & McNamara, P. (Eds.), *The new science of dreaming – Volume 2: Content, recall, and personality correlates*. Westport: Praeger, 79-114.
- Schredl, M. (2007). *Träume – Die Wissenschaft entschlüsselt unser nächtliches Kopfkino*. Berlin: Ullstein.
- Schredl, M. (2007). Traumerleben von Männern und Frauen. In: Lautenbacher, S., Güntürkün, O., & Hausmann, M. (Eds.), *Gehirn und Geschlecht: Neurowissenschaften des kleinen Unterschieds zwischen Mann und Frau*. Heidelberg: Springer, S. 190-197.
- Schredl, M. (2006). Experimentell-psychologische Traumforschung. In: Wiegand, M. H., Sprei, F. von & Förstl, H. (Eds.), *Schlaf & Traum: Neurobiologie, Psychologie, Therapie*. Stuttgart: Schattauer, S. 37-73.
- Schredl, M. (2006). Die Bedeutung des Traumes in der Schlafmedizin. In R. Steinberg (Ed.), *Schlafmedizin (23. und 26. Psychiatrie-Symposium der Pfalzkl. Landeck, Klingenmünster*. Regensburg: Roderer, 61-73.
- Schredl, M. (2006). Sexualität und Traum. *Somno-Journal* Nr. 4, 17-18.
- Schredl, M., & Erlacher, D. (2005). Wie Paul McCartney "Yesterday" schrieb: Träume und Kreativität. *ZI Information aktuell*, 28(1), 2005, 8 – 9.
- Schredl, M. (2005). Book review: *The Mind at Night: The New Science of How and Why We Dream*. *Dreaming*, 15, 63-67.
- Schredl, M. (2004). Dream report length and dream recall frequency: are they affected by the same factors? In: Shohov, S. P. (Ed.). *Advances in Psychology Research* Vol. 28. New York: Nova Science Publisher, S. 15-25.
- Erlacher, D., & Schredl, M. (2004). Das Phänomen des luziden Träumens. *Schlafmagazin* 2(1), 42-43.
- Wittmann, L., & Schredl, M. (2004). Does the mind sleep? An answer to "What is a dream generator?" *Sleep and Hypnosis*, 6, 177-178.
- Schredl, M. (2002). Persönlichkeitseinflüsse auf Träumen und Traumhalte (Abschnitt II-3.5). In H. Schulz (Hrsg.), *Kompendium Schlafmedizin der Deutschen Gesellschaft für Schlafmedizin und Schlafforschung*. Landsberg. Ecomed.
- Schredl, M. (2002). Wenn die Beine nachts auf Wanderschaft gehen. Das Restless legs-Syndrom und seine Behandlung. *ZI-Information aktuell*, 25(2), 23-25.
- Schredl, M. (2001). Träume bei Schlafstörungen. *Somno-Journal*, 2(3), 10-13.
- Schredl, M. (2001). Träume und Wachleben: Was findet Eingang in den Traum? in: Rüter, E., Gruber-Rüter, A., & Heuser, M. P. *Träume*. Innsbruck: Verlag Integrative Psychiatrie, 19-30.
- Schredl, M. (2000). Book review: *Dreams and nightmares*. By Ernest Hartmann. *Dreaming*, 10, 247-250.
- Schredl, M. (1999). Book review: *An introduction to the psychology of dreaming*. By Kelly Bulkeley. *Dreaming*, 9, 271-273.
- Schredl, M. (1999). Woher die Träume kommen. *Psychologie und Physiologie eines nächtlichen Phänomens*. *Kursbuch* 138, 140-150.
- Schredl, M. (1999). Behandlung von Alpträumen, Parasomnien bei Kindern. *Med-Report* 25 (14), 5.
- Schredl, M., & Pallmer, R. (1998). Nachtmerries bij kinderen. *Psychotherapie*, 5, 392-415.
- Schredl, M. (1998). Alpträume: Ursachen und Behandlung. *Musik + Unterricht*, Nr. 53, 55-58.
- Schredl, M. (1998). Behandlung von Alpträumen bei Kindern. *Kinderarzt*, 29, 1254-1257.
- Becker-Carus, C., & Schredl, M. (1998). Träumen und traumartige Erlebnisse (Abschnitt II-6.3.1). In H. Schulz (Hrsg.), *Kompendium Schlafmedizin der Deutschen Gesellschaft für Schlafmedizin und Schlafforschung*. Landsberg. Ecomed.

- Schredl, M. (1998). Faktoren der Traumerinnerung. *ZI-Information*, 21(1), 12-13.
- Schredl, M., & Spieweg, I. (1997). Auswirkungen von Träumen auf das Wachleben (Abschnitt II-6.4). In H. Schulz (Hrsg.), *Kompendium Schlafmedizin der Deutschen Gesellschaft für Schlafmedizin und Schlafforschung*. Landsberg. Ecomed.
- Schredl, M. (1997). Alpträume bei Kindern und Jugendlichen. *ZI-Information*, 20(2), 12-15.
- Spieweg, I., & Schredl, M. (1997). Angstatacken, angstbesetztes Erwachen (Abschnitt II-9.6). In H. Schulz (Hrsg.), *Kompendium Schlafmedizin der Deutschen Gesellschaft für Schlafmedizin und Schlafforschung*. Landsberg. Ecomed.
- Schredl, M., & Kammerer, J. (1996). Traumerinnerung bei Insomnie-PatientInnen. In: Mayer, G. (Hrsg.). *Schlafmedizin in Deutschland 1995*. München, Medizin Verlag München, 17-19.
- Schredl, M. (1996). Höre auf deine Träume. Küttingen: Midena-Verlag.
- Schredl, M. (1995). Träume und psychische Störungen. *ZI-Information*, 18(2), 21-23.
- Schredl, M. (1995). Dreams in sleep disorders. *Association for the Study of Dreams Newsletter*, 12 (3&4), 20.
- Schredl, M., & Weiland, G. (1995). Träume in der Arbeit mit älteren Menschen. *Praxis Ergotherapie*, 8, 27-31.
- Schredl, M. (1995). Träume in der Arbeit mit älteren Menschen - Schlüssel zur Erlebniswelt und Kreativität. in: E. Lade (Hrsg.). *Ratgeber Altenarbeit*. Ostfildern: Fink-Kümmerly und Frey, 1-11.
- Dreßing, H., Löw, H., Schredl, M., Braus, D. F., Häfner-Ranabauer, W., & Hentschel, F. (1995). Kraniale computertomographische Veränderungen bei Schlafapnoe-Patienten. In: Mayer, G. (Hrsg.). *Schlafmedizin in Deutschland 1994*. München: MMV Medizin Verlag, 124-126.
- Löw, H., Braus, D., Lederbogen-Treiss, F., Schredl, M., & Dreßing, H. (1995). How are sleep apnea treatments accepted? *Archives for Chest Disease*, 50, 91.
- Schredl, M. (1994). Schlüssel zur Realität - Traumarbeit als Zugangsmöglichkeit zur Erlebniswelt älterer Menschen. *Altenpflege*, 19, 301-303.
- Dreßing, H., Riemann, D., Löw, H., Schredl, M., Reh, C., Laux, P., & Müller, E. (1993). Auswirkungen eines Baldrian-Melisse-Präperates (Euvegal forte) im Vergleich zu Placebo und Triazolam auf die Schlafstruktur gesunder Probanden. In: Meier-Ewert, K., & Rüther, E. (Hrsg.). *Schlafmedizin*. Stuttgart: Gustav Fischer Verlag, 95-97.

In press:

- Schredl, M., Paul, F., Lahl, O., & Göritz, A. S. (2011). Gender differences in dream content: Related to biological sex or sex role orientation? *Imagination, Cognition, and Personality*.
- Schredl, M. (2011). Dream research in schizophrenia: methodological issues and a dimensional approach. *Consciousness and Cognition*.
- Schredl, M. (2011). Reading dream literature: frequency, influencing factors and self-rated benefit. *American Journal of Psychology*.