Sara Nygren

Actress · Actor

Swedish Actors

Photo: Mira Åkerman

Age	54
Playing age	45-55
Based in	Stockholm, Sweden
Height	169 cm
Eyes	Green
Hair	Middleblond
Languages	Swedish (native), English (fluent)
Accents & dialects	Stockholm Dialect (professional), General American

Represented by Swedish Actors. Casting enquiries go directly to Sara: nygren72@hotmail.com · +46 705-88 78 28.

Profile updated by Sara, October 2026

Credits

TV

Historien om Häxorna – Biroll — 2027
3 episodes · Dir. Niklas Fröberg · SVT

Dolt under ytan – Linda (the mother) — 2022
Jarowskij

Håll andan – Irene — 2022
Dir. Molly Nutley · C More

Heder Säsong 2 – the mother — 2021
Dir. Olof Spaak · Viaplay

Kommissarien och havet – Liv Hansson — 2020
Dir. Miguel Alexandre · Network Movie

Helt perfekt – Maria — 2019
Dir. Sofia Jupiter · ITV Studios · TV5

Den inre cirkeln – Mette — 2018
Dir. Anders Hazelius, Håkan Lindhé · Fundament Film · Viaplay

Solsidan – Real estate broker — 2015
Dir. Måns Herngren · C More

Andra Avenyn – Sigrid Niklasson — 2008
SVT Göteborg

Detta har hänt – Katarina Von Breda — 1997
SVT

Skilda världar – Natalie — 1996
Grundy Production · TV4

FILM

Iakttagen – the mother — 2021
Dir. John F. Lindquist

Inte alla hästar i stallet – Jenny — 2007
Dir. Richard Jarnhed

Skenbart - En film om tåg – the mother 2003
Dir. Peter Dalle

Hundtricket – Iza 2002
Dir. Christian Eklöw, Cristopher Panov

SHORT FILM

Den där jävla dagen – Huvudroll 2026
Dir. Michael Sjösten · B-reel

Plastburken – Lena 2022
Dir. Samuel Lindén

Nattfjärilen – the mother 2017
Dir. Emilie Fahlstedt Lindquist

Pojkarna Åklagaren 2015
Dir. Isabella Carbonell

Falsk trygghet – Lisa 2015
Dir. Gustaf Boman

Har den äran – the mother 2014
Dir. Anders Köhler, Timmy Sundin

THEATRE

Tanten & Jag – Huvudroll 2027
Pipersgatan 4

Under hallonbusken – Hedda 2013
Dir. Franciska Löfgren · Sommarteater Hågelby

Tartuffe – Natalie 2012
Dir. Fredrik Hiller · Sommarteater Hågelby

Bernardas hus – Martirio 2010
Dir. Sunil Munshi · Sommarteater Hågelby

Plaza svit – Fröken Gormack 2009
Dir. Jan De Laval · Nöjeshunden · Intiman

Måsen – Nina 2007
Dir. Ulf Pilov · Sommarteater i Vaxholm

Hej syster – Systern 2006
Dir. Mats-Arne Larsson · Teater Martin Mutter

Zapp Teater 2006
Teater Martin Mutter

I taket lyser stjärnorna 2006
Dir. Anders Alnemark · Teater Fredag

Hanna & Hanna 2005
Dir. Anders Alnemark · Teater Fredag

Pite 55 2001
Dir. Staffan Westerberg · Norrbottensteatern

Skills

Dubbing (intermediate), Singing (intermediate), Singing Alto (intermediate), Tennis (intermediate), Pilates (intermediate), Piano (beginner), Guitar (intermediate), Improv (professional), Manual Transmission (professional), Cooking (intermediate)

Education

Luleå Theatre Academy (1999-2003)

Studio Lederman, Stockholm

Marilyn Fried and Ava Petrides, New York (1989-1991)

Awards

Winner, Best Actor – Swedish Short Film Festival 2014, for 'Har den äran'

About

Sara Nygren is a Swedish actress. She has worked extensively in television, film, and theatre, with a career spanning over two decades. Known for her naturalistic acting and emotional depth, she has portrayed a range of characters from complex mothers to strong dramatic leads.

She trained at Luleå Theatre Academy and has furthered her craft through studies in both Stockholm and New York. In addition to her screen and stage work, she has contributed her voice to numerous dubbing projects and was awarded Best Actress at Sveriges Kortfilmsfestival in 2014 for her role in *Har Den äran*.

Showreels and profiles

Full profile: swedishactors.se/actors/sara-nygren

Showreel: https://vimeo.com/720947734?share=copy&fl=sv&fe=ci

IMDb: https://www.imdb.com/name/nm0638656/