

Abstract

The Bachelor thesis "Factors influencing sleep in patients attended at selected surgical units of intensive care" is focused on finding the most frequent factors that negatively affect sleep of patients treated at selected surgical units of intensive care in University Hospital of Motol. The thesis is divided into theoretical and empirical part.

The theoretical part provides a brief overview of sleep and its disorders, investigation of sleep quality and its treatment. Furthermore, attention is paid to the most common factors affecting sleep.

In the empirical part of the thesis, the methodology of data collection, organization of the survey itself and the method of data processing are described. An anonymous questionnaire survey was used to collect the necessary data. The target group of respondents were patients hospitalized at selected surgical units of intensive care at University Hospital of Motol.

Keywords

Sleep, Sleep Wake Disorders, Patients, Hospitalization, Hypnotics and Sedatives, Noise, Pittsburgh Sleep Quality Index (PSQI)