

## **Abstract**

This bachelor thesis deals with air quality of indoor environment. The aim is to evaluate real concentrations of CO<sub>2</sub>, temperature and relative humidity during sleep. Ten people attended the screening and the results show that sleep quality is influenced not only by the measured parameters but also by other effects. Concern about this thesis still grows, because more and more people want to live healthy lifestyle. There is no deny that the quality of sleep plays an important and unreplaceble role in people's lifes.

**Key words:** microclimate, indoor environment, air quality, concentration of CO<sub>2</sub>, healthy living, ventilation, air humidity, sleep