

BACHELOR THESIS ABSTRACT

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Title: Correction of posture and its effect on quality of sleep

Abstract:

This bachelor thesis examines the issue of insufficient sleep quality amongst university students. It also explores the possibilities for its improvement by postural correction during the activities of everyday life.

The bachelor thesis is composed of a theoretical and a practical part. The theoretical part can be further subdivided into two thematic units. They are sleep and posture. The first theoretical unit includes the definition of sleep and sleep quality, detailed description of architecture, processes of regulation and meaning of sleep and lastly, it speaks about the factors that influence sleep and methods to assess it. The second theoretical part deals with the definition of posture and postural functions together with the idea of optimal and bad posture. The issue of bad posture is further appended by the current knowledge of its causations, consequences, prevention, and therapy.

As for the practical part, it includes 3 case reports of university students with poor sleep quality and bad posture. The probands take part in a 4week therapy unit in which they obtain instructions about the correction of their posture during the activities of everyday life while being monitored for their sleep quality. Sleep quality assessment is done by Pittsburgh Sleep Quality Index, actigraphy (smart watch) and sleep diaries.

The aim of this study is to verify the effect of postural correction on quality of sleep amongst university students.

The result of this study is that postural correction has a positive effect on some parameters of sleep quality.

Key words: quality of sleep, actigraphy, posture, ergonomics