

Abstract

The bachelor thesis aims to describe the quality of sleep in adult patients with attention deficit hyperactivity disorder (ADHD) and at the same time to indicate the factors that could affect the quality of sleep. The literature review section will present the features of the disorder itself, the distinction into subgroups, and the issues of the diagnosis of ADHD in adulthood. It will also include the results of studies that focus on the chronotype of the adult ADHD patient, the specifics of his/her circadian rhythm, and the possibilities of non-pharmacological effects on sleep. Attention will also be focused on the potential presence of comorbidities that may affect sleep quality in ADHD patients. The research design will address the question of whether sleep quality differs in adult patients ADHD from the healthy population. The vast majority of sleep quality studies have focused on ADHD in childhood. Although attention is now turning to the adult population with ADHD, the area of sleep quality is often subject to misperceptions of subjective assessment criteria or is not covered at all. The contribution to psychological theory and practice lies in combining both objective and subjective sleep assessment criteria to allow for a more comprehensive view of sleep in adult patients with ADHD, including possible interventions to influence it.