

## **Abstract**

The central focus of my dissertation thesis is sleep in the context of quality of life. The significance and value of a good night's sleep to our well-being is often underestimated. Although partially determined by genetics, sleep is also strongly determined by environmental and social factors. Much of the research in this area, however, limits itself to studies with biomedical approaches, and the sociological aspects of sleep are rarely investigated. The dissertation aims to bridge this knowledge gap, discussing sleep in the context of quality of life and applying a variety of analytical methods on data collected from a Czech population sample to study how sleep affects and is affected by quality of life.

Motivated by a lack of research on the longitudinal effects of sleep and well-being, the dissertation includes a research article (Chapter 3) on the long-term effects of changes in sleep duration, sleep quality and social jetlag (the discrepancy between biological time and social times) on quality of life (satisfaction with life, happiness, work stress, subjective health and well-being). A second article investigates social jetlag and its links to work and family (Chapter 4). A third article studies sleep in the context of family types and the effect of parenthood on sleep duration and social jetlag, and also compares sleep quality in childless individuals to parents with children of different ages (Chapter 5).

The findings in my academic studies suggest that sleep quality is the most important sleep variable of all and that both sleep duration and social jetlag tend to remain relatively stable over time. Social jetlag also appears to be more closely linked to work environments rather than family: self-employed and professional classes are less likely to suffer from social jetlag whereas lower occupational classes have higher levels of social jetlag, indicating significant misalignment between workdays and free days. As a follow-up to the study on family types, a comparison of childless individuals and parents indicates that these two groups share similarities in sleep schedules and experience equivalently poor sleep quality. Differences between gender, however, reveal that mothers are especially sleep deprived on free days and that caring for children is equivalent to working seven days a week instead of an average five days a week.