

ABSTRACT

This thesis focuses on the effectiveness of sleep education on sleep quality and well-being in third and fourth year high school students. The implementation of sleep education was conducted between December 2023 and February 2024 in selected high schools. The research included the administration of standardized methods at two times, namely before sleep education and after sleep education. The instruments chosen for this research were the Pittsburgh Sleep Quality Index (PSQI), the Insomnia Severity Index (ISI), and the World Health Organization Well-Being Scale (WHO-5). The variables were given by the final scores from the two measurements of three scales mentioned above, which were then compared using appropriate statistical methods.

At the same time, the research focused on the comparison of the given variables between the group of students who received sleep education and the group of students who did not receive any education. The thesis also focuses on opinions of students about the sleep education, its usefulness and possible suggestions for similar future programmes.

The results of the study suggest that despite efforts to implement sleep education, there was no significant improvement in sleep quality among students. At the same time, the results did not show better sleep quality and well-being in the group of students who received the education compared to those who did not. Possible explanations for the results lie in a number of factors, which are presented in the Discussion of this thesis. However, students perceive sleep education as useful and would be interested in similar follow-up programs of this type.

KEYWORDS: sleep, sleep education, high school students, PSQI, ISI, WHO-5