

Abstract

This diploma thesis introduces the topic of a short-termed approach to treating insomnia. The theoretical part addresses healthy sleep and sleep assessment methods. It describes insomnia and a large part of the thesis is devoted to the treatment of this sleep disorder. The thesis introduces the relationship between emotional regulation and sleep. The aim of the empirical part is to investigate the effect of a short program dedicated to insomnia on sleep parameters (time in bed, total sleep time, sleep efficiency, sleep onset latency), on the severity of insomnia and on difficulties in emotional regulation in individuals suffering from insomnia. The pilot research is examining the variables listed above before and after the programme. The results suggest significant changes in sleep parameters, insomnia severity and difficulties in emotional regulation after the programme. Limitations of the present study are discussed and recommendations for further research in the area of short-term therapies for insomnia are provided.

Key words: insomnia; emotion regulation; behavioural approach; cognitive behavioural therapy