

ABSTRACT

Title: Sleep in the regeneration of athletes

Objectives: The main objective of the thesis is to find out, using a questionnaire survey, whether athletes deal with the quality of sleep and how they perceive it. Another goal is to find out whether athletes follow the rules of sleep hygiene and whether and how they try to influence the quality of sleep.

Methods: a questionnaire containing 30 questions was used for data collection. It was a non standardized self-constructed questionnaire. The questionnaire was aimed at active and recreational athletes. It was distributed electronically. The research group consisted of 90 respondents (54 men and 36 women).

Results: After evaluating the questionnaire survey, we found that our respondents usually do sports 4-5 times a week and consider sleep to be a very important aspect of body and mind regeneration. Most respondents sleep 7 to 8 hours a day. As part of sleep hygiene, they abstain from alcohol, coffee and nicotine before going to sleep to ensure quality sleep and improve their performance. However, we also found that the majority of our respondents do not follow the precautions regarding electronic devices just before going to bed, but on the other hand fall asleep in silence and darkness. The results of the questionnaire show that athletes have an overall positive attitude towards sleep hygiene and sleep regime due to the benefits it brings to their sports performance.