

## **Abstract**

This paper deals with selected negative consequences of long-term sleep deprivation on the psychological and mental state of an individual. It also describes the causes of their development and the possibilities of their prevention and compensation. A large number of studies suggests that people who do not fulfill their sleeping needs for long periods of time show worse cognitive function, lower emotional intelligence, lower affective and emotional regulation, increased risk of Alzheimer's disease, decreased immunity, slower metabolism, higher incidence of cardiovascular, and tumor diseases and diabetes. One possible cause of chronic sleep loss is shift work, which can lead to disturbance of circadian rhythm and subsequent long-term sleep deprivation. The research proposal compares nurses in shift work to nurses with regular work week. Differences will be measured using questionnaires evaluating life satisfaction and motivation to perform, Stroop's test and Bourdon exam. The data will be statistically analyzed using The Student's t-test.