

## **Abstract**

**Title:** Sleep Hygiene of Students of Charles University FPES

**Objectives:** The aim of the bachelor's thesis was to find out to what extent students of bachelor's programs at Charles University FPES (Faculty of Physical Education and Sport) adhere to the principles of sleep hygiene.

**Methods:** I used the poll method for data collection for the practical part of the bachelor's thesis. The poll of my own design was created via Google Forms. The data were converted to the Microsoft Excel 2010. The basic procedures of descriptive statistics were applied to process the data. The research was focused on a group of students of full-time bachelor's programs at Charles University FPES.

**Results:** The poll results showed that most students only partially follow sleep hygiene. Only 12 (10.3 %) students out of 116 (100 %) participants adhere to almost all recommended sleep hygiene principles. For the rest of the students, it was recommended to eliminate negative factors affecting sleep.

**Keywords:** sleep, insomnia, sleep disorders, regeneration, addictive substances, circadian rhythm, EEG