

ABSTRACT

Title: The Effects of Sleep Deficit on the Subjectively Perceived Performance of Police Officers in the Czech Republic

Objective: The aim of this bachelor's thesis is to evaluate the relationship between the level of sleep deficit and the subjectively perceived physical and cognitive performance of police officers in the Czech Republic. The research focuses on how police officers themselves perceive the effects of sleep deprivation in relation to job performance and how various professional factors - such as shift work, years of service, level of physical activity, and working conditions - affect this perception.

Methods: This study uses a quantitative research method based on a questionnaire survey distributed among members of the Czech Police. The questionnaire consisted of 39 closed-ended questions addressing subjective perceptions of sleep habits, fatigue, sleep-related problems, and the ability to manage service duties.

Results: The research findings show that a lack of quality sleep clearly has a negative impact on the subjectively perceived performance of police officers. Most respondents stated that fatigue caused by sleep deprivation impairs their decision-making, slows their reaction time, and reduces their overall physical fitness. Officers working in shift-based systems more frequently reported disrupted sleep patterns and a reduced ability to recover. Conversely, regular physical activity was associated with more favorable assessments of sleep quality and recovery ability.