

This dissertation is concerned with the live style of nurses working at the intensive care units. The work of nurses is demanding both physically and mentally. It is carried out under time pressure and in forced pace. It is demanding for perception and memory, it requires critical thinking, high level of professional knowledge, and also skill and practical proficiency. All these are reflected on the nurse's experience and mental health. And it is physical and mental exhaustion that can be avoided by healthy life style.

The aim of the dissertation was to map the life style of nurses working at intensive care units and find out how performing the profession affects the life style of the nurses. The research was concerned with healthy food, suitable relaxation, using addictive substances, and the psychological stress on the nurses.

To achieve the aim of this work, a quantitative research investigation by the method of questionnaire was used 178 questionnaires from nurses working at intensive care units were used. The questionnaires were processed by descriptive statistics with graphs and tables.

From the research investigation, it is clear that the nurses do not abide by the principles of healthy dieting, and the nurses realize this fact. The research investigation confirmed that nurses working at intensive care units do not take sufficient rest. It is alarming that the nurses are often tired and sleep less than 8 hours daily. The results show that the nurses smoke and consume large quantities of caffeine drinks. It is clear from the research investigation that the majority of nurses find the work environment at ICU very stressing. Fortunately the nurses are interested in new things in their branch and do not think of changing their jobs.

From the research investigation, it is clear that working at the intensive care units has an effect on the life style of theses specialists.