

## **Annotation**

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The bachelor work is focused on the topic of sleep disorders among nurses. Theoretical part approaches the topic of: sleep, insomnia and various treatment options of sleep disorders. The bachelor work highlights: some of the factors which can influence sleep of nurses, the consequences associated with the lack of sleep and risks associated with working in continuous operation. The aim of the empirical part is to map the incidence of sleep disorders among nurses through quantitative research. The questionnaire survey was conducted at hospital in Nové Město na Moravě with nurses who are working in one shift and continuous operation.

