

## **ABSTRACT**

Diploma thesis deals with the problems of sleep of the patients in intensive care. Sleep is the very basic of human needs and its correct pattern is crucial for any activity of an organism. A person who is sick has an increased need for sleep and are among the most frustrated needs. The theoretical part defines sleep as a basic human need to deal with physiology and sleep disorders. I include a chapter dealing with intensive care and aspects of the environment that affect sleep of the patients.

The main objective is to determine whether the need for sleep of the patients is saturated or not. I also set milestones as to gain information regarding patients sleeping pattern at home. To find out, what influence nurses in approaching sleep as a matter and to look for factors that have an influence of some sort from the nurses point of view regarding the sleeping pattern same as from the patients view of the matter.

In the empirical part, I reached the set goals through interviews and questionnaires. Thanks to interviews with patients, I discovered that need of sleep of patients in intensive care is not saturated. Out of the 30 respondents I interviewed, 17 of them therefore deemed their sleep as poor and insufficient. I also worked out the factors that have the greatest negative effect on the need of sleep. Using questionnaires, I found that most nurses considers the patients' sleep during healing process as important. The output of the diploma thesis shows the purposes on the issue of Sleep Medicine in perspective and also emphasizes that nurses play an important role within the sleep needs of patients.

### ***Keywords:***

Sleep, Sleep disorders, Intensive care, Nurse, Patient