

## **Abstract**

**Title:** The effect of sauna on the changes of blood pressure

**Objectives:** The aim of this study was the measure of the physiological range (blood pressure, heart rate, blood oxygen saturation) of two selected groups of people within the sauna cycle, assess changes and compare the results of individual probands and groups.

**Methods:** This thesis is conducted as an experimental study. This is a quantitative method, in that will be at first established hypotheses and then evaluated on the basis of the obtained results. The independent variable in this research is the sauna and dependent variables are blood pressure, heart rate and blood oxygen saturation.

**Results:** Blood pressure values were at employee of sauna lower than at other probands, thereby was confirmed hypothesis, but expected significant differences between the measured values of each group were absent. At the same time there was a further confirmation of the hypothesis concerning heart rate, which was increased at all probands. The last confirmed hypothesis related to the blood oxygen saturation and its reduce after the sauna. It could be said that all the defined hypotheses were confirmed.

**Keywords:** sauna, blood pressure, heart rate, blood oxygen saturation, cardiovascular system