Abstract

Nowadays, frequency of so called civilization diseases is raising and current life style of an industrial society brings increased number of sleep disorders. Various non-physiological and pathological phenomena, for which humans do not have and cannot have any adaptation mechanisms created, can be seen in our culture and society.

The purpose of this thesis is to examine sleep habits of two groups of healthy adult persons (young adults and seniors) and determine factors having an influence on sleep quality. Three hypotheses were stated (Hypothesis No. 1: Sleep length and quality are changing throughout the life. Hypothesis No. 2: Sleep length has an influence on BMI. Hypothesis No. 3: Sleep length is dependent on a life style). Validity of these hypotheses was verified.

The sample consisted of a group of young adults (76 women, 51 men) and of a group of active seniors (50 women, 40 men). Sleep behavior was investigated by a questionnaire form. Every person answered to 50 questions. Their answers were statistically processed. Basic somatic characteristics as body height, body weight and Body Mass Index were measured during the contact with respondents.

Statistically significant difference (p < 0,05) in sleep behavior of young adults and seniors in weekdays and weekend was found out. Young adults were noticed to have longer sleep length in weekend compared to weekdays. This raise does not appear in the group of seniors. Sleep behavior and other examined factors did not prove any statistically significant difference. After results processing was done, hypotheses No. 1 was confirmed (Sleep length and quality are changing throughout the life). Hypothesis No. 2 and No. 3 were not confirmed. Consequently, it results that sleep length does not have any influence on BMI and sleep length is not life style dependent.