

Abstract

Sleep disorders are wide diagnostic unit with high prevalence affecting huge numbers of people. It can be generally said, that sleep disorders are an intrusion into the quality and quantity of sleep extension. Sleep medicine focuses on diagnosis and treatment of sleep disorders. For the needs of sleep medicine are developed diagnostic methods, these methods it is necessary to constantly evaluate and validate.

The following work attempts to look at sleep disorders anthropological perspective. The first part defines what is sleep and in brief on the issues of sleep disorders. The quantitative part of the work focuses on the application of the Czech version of the Pittsburgh Sleep Quality Index sleep and relationships with Manning ratio (the ratio of the second and fourth finger hand hand) and sleep.

The research sample consisted of 132 probands all, half of them (n = 66) were patients with the sleep disorder and the other half (n = 66) was the control group.

It was found that the Czech version of the Pittsburgh Sleep Quality Index sleep is reliable and valid tool for evaluating sleep quality. Czech version, however, showed some nonstandard features of the cut-off score. We also found weak relationship of Manning index and tend to morning chronotype.

Key words: Pittsburgh Sleep Quality Index, Epworth Sleepiness Scale, chronotype, sleep, sleep disorders, Manning ratio, second to fourth digit ratio