

**Abstrakt:**

The thesis deals with the topic of sleep and professional stress of teachers. The theoretical part provides information on workload, its sources and its possible consequences. From the long-term consequences of workload is paid attention to burnout syndrome, its symptoms and diagnostic possibilities. One part also reviews the results of burnout studies among teachers and attention is also paid to risk and protective factors. Furthermore, the theoretical part focuses on the topic of sleep, its physiological characteristics, the need and importance of sleep in human life and the consequences of insufficient sleep. It also provides information on selected sleep disorders. The last section of theoretical part summarizes studies of sleep in relation to stress and burnout, which is followed by the empirical part of the thesis. The aim of the empirical research is to investigate the quality of sleep among primary and secondary school teachers and to confirm relationships among sleep quality (PSQI), burnout syndrome (SMBM) and satisfaction with life (SWLS).