

Abstract

The bachelor thesis deals with issue of sleep, memory and learning. *The primary aim of this work is to understand the relationship, and find a connection between sleep and learning and their influence on short-term memory.* The work outlines the issues of learning and the associated memory, the influence of sleep deprivation on a certain type of memory and the interconnection of concentration and the nervous system. In the following chapters will be discussed issues of sleep and wakefulness, sleep interconnection of learning and sleep deprivation. The practical part of the work will be focused on a commemorative test that identifies the influence of insufficient sleep on short-term memory in university students.

Key words: learning, memory, short-term memory, concentration, sleep, physiology of sleep, circadian rhythms, nervous system, sleep deprivation