

Abstract:

This master thesis focuses on subjectively perceived quality of sleep and its connections – fatigue, daytime sleepiness and insomnia in older age. Attention is brought to psychological methods of sleep measurement in comparison with objective methods (polysomnography and actigraphy). Theoretical part is based on current scientific knowledge of sleep quality and deals with psychological factors that contribute to improvement or reduction of sleep quality in older age. In context with quality of sleep focus is aimed also at presence of insomnia in older age compared to younger age and possibilities of enhancing sleep quality. Overview of subjective and objective methods of measuring sleep quality and other sleep characteristics is part of the theoretical background. Empirical part of the thesis is divided into two sections. First section compares sleep quality, fatigue, daytime sleepiness and insomnia of younger and older adults. This research is based on following questionnaire data: PSQI (Pittsburgh Sleep Quality Index), FSS (Fatigue Severity Scale), ESS (Epworth Sleepiness Scale) and ISI (Insomnia Severity Index). Second section of the research verifies the validity of psychological methods of measuring sleep quality - questionnaires PSQI, FSS, ESS, ISI and sleep diaries of older adults by comparing these methods with objective methods (polysomnography, actigraphy). At the same time this comparison of subjective and objective data brings findings of the most important indicators and factors that are involved in sleep quality. Outcomes of this master thesis will broaden the knowledge of mentioned aspects of sleep in older age and help to better target treatment of insomnia and reduced quality of sleep based on psychological diagnostic methods of sleep.

Key words:

sleep, quality of sleep, insomnia, fatigue, daytime sleepiness, older age