

## ABSTRAKT

**Název práce:** Léčba insomnie  
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**Abstract:** Insomnia is prevalent in many populations, both as a primary disorder and as a symptom of many medical and psychiatric conditions. In this thesis there are summarized the most important aspects of treatment of insomnia. There are introduced basic characteristics of insomnia, its possible causes, brief summary of insomnia treatment. This thesis is dedicated to the medical treatment in detail.