

Sleep concerns everyone, and therefore it is good to know basic information about it. Sleep disorders might lead to a significant reduction in quality of life and may be an activator of serious mental disorders that may lead to disruption of interpersonal relationships. This bachelor work deals with the sleep of the children, who are members in the scout organization - Scouts and Guides Association CR, Center Orion Kladno.

Using questionnaires, I have tried to ascertain the quality and length of their sleep, time of going to bed, getting up time, sleep hygiene and whether they suffer from sleep disorders. Children replies are compared with the answers of their parents. The results will lead to a set of rules about sleeping at scouting expeditions of our club.