

Abstract:

Thesis deals with the need for sleep among nurses. It consists of two parts: theoretical and research.

In the theoretical part I concentrate on physiology, classification and definition needs to sleep alone hierarchy of needs and the importance of sleep. I also deal with effects of sleep on bodily functions, factors affecting sleep, sleep duration among different age groups and a separate chapter with an overview of sleep disorders. On chapter fault I focused a little more detail because of the connection with the empirical part where I evaluated the most frequent disorder occurring in nurses in practice, the recommended solution physician or sleep duration required for sufficient rest. One chapter consists of recommendations in the form of sleep hygiene, which can lead to improved sleep habits.

The empirical part consists of a quantitative research study conducted using pre-printed anonymous questionnaires. My research group consisted of single-shift nurses and multi-shift orthopedic, internal, surgical and pediatric ward of the hospital in Jablonec nad Nisou. Of the 120 questionnaires distributed, was eventually used to my job 104. Implementation of the survey took place from February 2015. The aim of this survey was to map quantitative frequently reported disorders and consequences associated with deficiency of sleep, then I tried to find the possible cause of the reported problems. From the survey it was found that the total number of nurses therefore 104 (100%), 83.62% indicates some sleep problem, but only 14.41% could this problem see a doctor. In conclusion, I summarized all of the evidence-based research.

Keywords: sleep, shift work, general nurse