

ABSTRACT

The topic of this bachelor's thesis is the quality of sleep of hospitalized patients. Adequate sleep quality is one of the most important prerequisites for human health, it is to regain and restore physical and mental strength. The sleep protects human body against overload, helps to mobilize its protective powers and helps to recovery faster. Almost all diseases are increasing need for sleep and rest during the day.

The main ask of the investigation was to determine the pre-sleeping rituals and sleep disorders in in-patients, to compare what was before hospitalization at home and at the time of hospitalization, as well as to determine the cause of their formation and to propose appropriate measures to eliminate or minimize the occurrence of these causes.

The research group consisted of 21 in-patients. The survey was carried out at III. Surgical Clinic of University Hospital Motol. The survey was conducted through qualitative research. The data were obtained by the technique of semi structured interviews and analyzed by using open coding.

The investigation found out that patients on standard units can do their normal pre-sleeping rituals, but in the ICU they can't because their current health status, even though they have been enabled by the nurses. The research survey found out that the noise is among the most disturbing factor as on the standard unit as well as on the intensive care unit. The pain has been identified as a factor influencing subjective quality despite adequate analgesic therapy. It has been shown that the main nurse intervention is analgesic or hypnotics therapy.

To improve the quality of nursing care in the quality of sleep could occur if the nurses more focus about sleep in nurses anamnestic and consistently conveys information about this issue.

Key words: Nurse, hospitalization, sleep, sleep quality, patient