

## **Abstract** ( Sleep Problems in Children and Adolescents )

The main topic of the thesis is the issue of sleep in children and adolescents. The theoretical part deals with the physiology of sleep and sleep disorders. The practical part were processed by means of qualitative and quantitative research . The aim of our thesis and our research was to determine the incidence of sleep disorders in different age categories. The aim of the qualitative part was to determine the causes and effects of sleep disorders in children and adolescents. In practice , the qualitative part certainly importance , especially for teachers , case reports indicate that some other sleep disorders affect child development , behavior and school performance.

In this thesis we compare the quantitative survey targeted four designated groups of children . One group of preschool children are 1-6 years old . The second group consists of a sample of pupils of primary school 7 - 11 years . The penultimate group of children at the elementary school , aged 12 - 15 years. The last group are secondary school students aged 16-18 years . At the beginning of quantitative research, we set three hypotheses.

Hypothesis 1 were not confirmed . Our research shows that pupils of primary schools suffer from sleepwalking more (9%) than children of preschool age (0%) and pupils of First Instance (5%). Hypothesis 2 was also confirmed . Suffer from insomnia more preschool children (15%) than pupils in primary schools (8%) more than students in secondary schools (9%) and more than high school (10%). Hypothesis 3 were not confirmed . Preschool children suffer from nocturnal enuresis less (20 %) than children of primary school (23%) and secondary school (23%).

**Keywords** - sleep , sleep problems , sleep disorders , sleep in children.