

Prevalence neklidného spánku v Evropské unii v roce 2017

Metodologie a reference

Metodologie - vlastní zpracování na základě dat

1 Gender and socioeconomic patterning of self-reported sleep problems across European countries

<https://academic.oup.com/eurpub/article/33/2/242/7049369>

Další reference:

1 Sleepless society – The socioeconomic burden of sleep disturbances

<https://idea-fast.eu/sleepless-society-the-socioeconomic-burden-of-sleep-disturbances/>

2 Chronic Insomnia Disorder across Europe: Expert Opinion on Challenges and Opportunities to Improve Care

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10001099/>

3 Sleep disorders after COVID-19 in Czech population: Post-lockdown national online survey

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10551886/>

4 Poruchy spánku

https://wikisofia.cz/wiki/Poruchy_sp%C3%A1nku