# Article information:

Výzkum NUDZ: Poruchy spánku po covidu přetrvávají měsíce i roky  
<https://denikn.cz/minuta/937993/>

# Article summary:

1. Sleep disorders after COVID-19 can persist for months or even years, according to a study by the National Institute of Mental Health.

2. Insomnia is the most common problem reported by more than 60% of participants in the study, regardless of the severity of their COVID-19 symptoms.

3. The researchers recommend seeking medical help if sleep problems persist, and suggest that therapy focused on sleep can be effective in treating these disorders.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article reports on a study conducted by the National Institute of Mental Health, which found that sleep disorders can persist for months or even years after recovering from COVID-19. The study focused on parasomnias, which are abnormal behaviors or experiences during sleep, such as nightmares, sleepwalking, and vivid dreams. The most common problem reported was insomnia, affecting over 60% of participants.

While the article provides some useful information about the study's findings and potential causes of sleep disorders related to COVID-19, it lacks depth in several areas. For example, it does not explore possible counterarguments or alternative explanations for the observed phenomena. Additionally, it does not provide any evidence to support its claims about the prevalence of these sleep disorders among COVID-19 survivors.

Furthermore, the article seems to be promoting the services of NUDZ (the Center for Sleep Research and Chronobiology), suggesting that people with sleep disorders should seek help from this organization. While this may be a valid recommendation, it raises questions about potential biases in the reporting.

Another issue with the article is its lack of consideration for possible risks associated with certain treatments for sleep disorders. For example, while psychotherapy may be effective in treating some cases of insomnia or other parasomnias, it can also have side effects and may not be appropriate for everyone.

Overall, while the article provides some interesting insights into the potential long-term effects of COVID-19 on sleep patterns, it could benefit from more balanced reporting and a deeper exploration of possible causes and treatments for these disorders.

# Topics for further research:

* Alternative explanations for sleep disorders in COVID-19 survivors
* Prevalence of sleep disorders among COVID-19 survivors
* Risks and side effects of psychotherapy for sleep disorders
* Non-pharmacological treatments for parasomnias
* Impact of COVID-19 on circadian rhythms
* Long-term effects of COVID-19 on mental health and sleep patterns

# Report location:

<https://www.fullpicture.app/item/4c113791f0338e9572f5e8b883c8e110>