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**OCCURENCE OF SLEEPING DISORDERS IN OUTPATIENTS OF DEPARTMENT OF PSYCHIATRY AND PSYCHOTHERAPY - QUESTIONNAIRE STUDY**

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Objective: 'Heaven has given human beings three things to balance the odds of life: hope, sleep and laughter' - said Immanuel Kant. Sleep disorders belong to the most common health problems of the modern society and they became one of the first reason for seeking medical attention. Insomnia involves any difficulties related to sleep, including difficulty falling or staying asleep, falling asleep at inappropriate times, excessive total sleep time, or abnormal behaviors. Sleep disorders occur very often in clinical practice and have major effects on well being and overall health. Among last decades in Poland problem is still increasing. In 1992 - 24 % people in Poland had sleep problems, in 2012 they were present in 55% of population. Furthermore, sleep disorders are commonly associated with other medical problems as a reason, but also as a consequence creating a feedback loop.

Methods: An original questionnaire containing 23 questions was created. 49 respondents from the outpatient psychiatric clinic were recruited to the study.

Results: The survey revealed that the number of patients with deteriorated social or work functioning (19%) is lower among patients with mood disturbances (51%). Declared ways to manage sleep disturbances show that patients want to find immediate solutions without participation in long lasting therapy. The large population of respondents des not know the proper way to cope with sleep disturbances. There exist a need for an education campaign in Poland in order to decrease number of medication abuse and to promote behavioral therapy