

# **THE IMPACT OF SLEEP QUALITY ON ACADEMIC PERFORMANCE AMONG UNIVERSITY STUDENTS**

**Dissertation submitted for the partial fulfillment of the Post Graduate Degree of  
Masters of Social Work**

**at**

**Department of Social Work  
Guru Ghasidas Vishwavidyalaya  
Bilaspur, C.G.**

**Under the Guidance of**

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**Submitted by**

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**Session: 2022-2024**



**Department of Social Work**

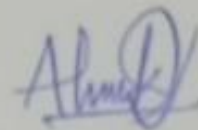
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## DECLARTION

I hereby, declare that the present study entitled "THE IMPACT OF SLEEP QUALITY ON ACADEMIC PERFORMANCE AMONG UNIVERSITY STUDENTS" has been conducted by me, under the guidance and supervision of **Dr Mohini Gautam**, Assistant Professor in Social Work. This dissertation is submitted to the department of Social Work, Guru Ghasidas Vishwavidyalaya in partial fulfillment of Master of Social Work. I further declare that this is an original study and no part of it has been published or submitted to any university previously.



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## CERTIFICATE

This is to certify that SAFAL. K is a bonafide student of Guru Ghasidas Vishwavidyalaya, Bilaspur, Chhattisgarh, pursuing the course of Master of Social Work for the session 2023-2024. The study entitled "THE IMPACT OF SLEEP QUALITY ON ACADEMIC PERFORMANCE AMONG UNIVERSITY STUDENTS" under our personal supervision. It has not formed the basis for award of any other degree or diploma to the candidate. This work is a record of the candidate's personal efforts. This dissertation is, hereby, approved for submission to Guru Ghasidas Vishwavidyalaya as partial fulfillment of "Master of Social Work".

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63/9/24

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SAFAL. K