

# **“SLEEP PATTERNS AND ITS IMPACT ON ACADEMIC PERFORMANCE: A STUDY AMONG STUDENTS IN MANGALORE CITY”**

A Dissertation Submitted to The Registrar of Evaluation St Aloysius College  
(Autonomous) Mangalore, as a partial requirement for the  
Master's Degree in Social Work

**BY**  
**BLESSON SUBICHAN**  
**229119**



**ESTD : 1880**

Approved by

Dr Shwetha Rasquinha  
HOD, Department of PG Studies  
and Research in Social Work  
St Aloysius College (Autonomous)  
Mangalore - 575003

Approved by

Rev Dr Praveen Martis SJ  
Principal

**Department of PG Studies and Research In Social Work**

**St Aloysius College (Autonomous)**

**Mangaluru -03**

**April 2024**