

**A STUDY OF COGNITIVE AND PSYCHOLOGICAL  
ALTERATIONS DUE TO  
CHRONIC INSOMNIA: ASSESSMENT AND MANAGEMENT**

**THESIS SUBMITTED FOR  
THE DEGREE OF DOCTOR OF PHILOSOPHY  
IN  
PSYCHOLOGY**

**Supervisor:**

**Prof Rajbir Singh**

**Department of Psychology**

***M.D.U, Rohtak***



**Submitted by:**

**Sarita Boora**

**Regn. No: 02-GG-1014**

**PhD/Psycho**



**DEPARTMENT OF PSYCHOLOGY  
MAHARSHI DAYANAND UNIVERSITY**

**ROHTAK (HARYANA)**

**MARCH 2011**