AGE

- Test Group:
  - 20 to 30 yrs: 12%
  - 31 to 40 yrs: 38%
  - 41 to 50 yrs: 50%

- Control Group:
  - 20 to 30 yrs: 4%
  - 31 to 40 yrs: 49%
  - 41 to 50 yrs: 47%

SEX

- Test Group:
  - Male: 15%
  - Female: 85%

- Control Group:
  - Male: 29%
  - Female: 71%
DURATION OF SLEEP AFTER JAGARAN

- X-Axis: 1 cm - Group/subgroups of persons
- Y-Axis: 1 cm - 10% of persons

- 1 to 2 hours
- 2 to 3 hours
- More than 3 hours

No. of persons in percentage

Test Group
Group of Persons

- 63%
- 19%
- 18%

SLEEP AFTER JAGARAN

- X-Axis: 1 cm - Group/subgroups of persons
- Y-Axis: 1 cm - 10% of persons

- Prior to food
- After food
- No sleep

No. of persons in percentage

Test Group
Group of Persons

- 64%
- 35%
- 1%
PATTERN OF SLEEP

Scale = X-Axis: 1 cm - Group/subgroups of persons
Scale = Y-Axis: 1 cm - 10% of persons

- No. of persons in percentage
- Proper: 65%
- Disturbed: 32%
- Improper: 3%

Group of Persons

Test Group

Control Group

NIRUTSAHA

Scale = X-Axis: 1 cm - Group/subgroups of persons
Scale = Y-Axis: 1 cm - 10% of persons

- Not felt: 47%
- Occasionally: 50%
- Frequently: 3%

Group of Persons

Test Group

Control Group