Figure 4.5

Diagram Showing the Subjects’ Perception Level of Sleep by using Visual Analogue Scale on Sleep (N = 150)
Diagram Showing the Pre and Post-test Sleep Pattern Score of the Experimental Group I

**Experimental Group I**

- **Pre test**
- **Post test**
Diagram Showing the Pre and Post-test Sleep Pattern Score of the Experimental Group II
Figure – 4.13

Diagram Showing the Sleep Pattern Score of the Control Group III Before and After 3 Months Without Intervention

<table>
<thead>
<tr>
<th>Sleep Pattern Score</th>
<th>Pre-test</th>
<th>Post-test</th>
</tr>
</thead>
<tbody>
<tr>
<td>Control Group III</td>
<td>8.960</td>
<td>9.020</td>
</tr>
</tbody>
</table>
Figure – 4.14

Diagram Showing the Pre-test Sleep Pattern Score of the Subjects in the Experimental I, II and the Control Group III
Figure – 4.15

Diagram Showing the Post-test Sleep Pattern Score Among Subjects in the Experimental I, II and the Control Group III
the Controlling the Pretest Score Effect
Diagram Showing the Mean Perception Level of Sleep in Experimental Group I, II and Control Group III Before and After Intervention

Mean Value

Perception Level of Sleep

- Experimental Group I
- Experimental Group II
- Control Group III

Pre-test: 6.38, 5.82, 6.92, 6.52, 7.46, 7.46
Post-test: 6.92, 6.52, 7.46, 7.46