

Department of Psychology
Relaxation And Sleep Management (SEC)
Semester II

Unit – I Techniques for Relaxation

- Meaning and Concept of Relaxation
- Different Relaxation Techniques
- Actual practical

Unit – II Experiment and Management of Sleep or Insomnia

- Meaning and Concept of Insomnia
- Stages of Sleep cycle
- Types of Insomnia
- Actual Practical