

IJRASET

International Journal for Research in Applied Science & Engineering Technology

IJRASET is indexed with Crossref for DOI-DOI: 10.22214

Website: www.ijraset.com, E-mail: ijraset@gmail.com



It is here by certified that the paper ID: IJRASET47133, entitled

Importance of Proper Sleep in Healthy Life

by

Dr. Jayanti Jain

after review is found suitable and has been published in Volume 10, Issue X, October 2022

in

International Journal for Research in Applied Science & Engineering Technology
(International Peer Reviewed and Refereed Journal)

Good luck for your future endeavors



ISRA Journal Impact Factor: **7.429**









By war



International Journal for Research in Applied Science & Engineering Technology

IJRASET is indexed with Crossref for DOI-DOI: 10.22214

Website: www.ijraset.com, E-mail: ijraset@gmail.com



It is here by certified that the paper ID: IJRASET47133, entitled

Importance of Proper Sleep in Healthy Life

by Ritu Ka

Dr. Ritu Kapoor

after review is found suitable and has been published in Volume 10, Issue X, October 2022

in

International Journal for Research in Applied Science & Engineering Technology
(International Peer Reviewed and Refereed Journal)

Good luck for your future endeavors



ISRA Journal Impact Factor: **7.429**









By war



International Journal for Research in Applied Science & Engineering Technology

IJRASET is indexed with Crossref for DOI-DOI: 10.22214

Website: www.ijraset.com, E-mail: ijraset@gmail.com



It is here by certified that the paper ID: IJRASET47133, entitled

Importance of Proper Sleep in Healthy Life

by

Dr. Manoj Adlakha

after review is found suitable and has been published in Volume 10, Issue X, October 2022

in

International Journal for Research in Applied Science & Engineering Technology
(International Peer Reviewed and Refereed Journal)

Good luck for your future endeavors



ISRA Journal Impact Factor: **7.429**









By were



International Journal for Research in Applied Science & Engineering Technology

IJRASET is indexed with Crossref for DOI-DOI: 10.22214

Website: www.ijraset.com, E-mail: ijraset@gmail.com



It is here by certified that the paper ID: IJRASET47133, entitled

Importance of Proper Sleep in Healthy Life

by

Dr. Amit Kumar

after review is found suitable and has been published in Volume 10, Issue X, October 2022

in

International Journal for Research in Applied Science & Engineering Technology
(International Peer Reviewed and Refereed Journal)

Good luck for your future endeavors



ISRA Journal Impact Factor: **7.429**









By were



International Journal for Research in Applied Science & Engineering Technology

IJRASET is indexed with Crossref for DOI-DOI: 10.22214

Website: www.ijraset.com, E-mail: ijraset@gmail.com



It is here by certified that the paper ID: IJRASET47133, entitled

Importance of Proper Sleep in Healthy Life

by

Dr. Aruna Tiwari

after review is found suitable and has been published in Volume 10, Issue X, October 2022

in

International Journal for Research in Applied Science & Engineering Technology
(International Peer Reviewed and Refereed Journal)
Good luck for your future endeavors



ISRA Journal Impact Factor: **7.429**









By were