

## ABSTRACT

There is an empirical association between higher sleep quality and subjective well-being. The present study aimed to investigate the impact of sleep quality on the subjective well-being of young adults. The study incorporated both quantitative and qualitative research methods. The quantitative study consisted of a sample of 140 undergraduate students from three different universities of Lahore i.e. Government College University (GCU), Punjab University (PU), and Forman Christian College University (FCCU). The participants completed the measures of Pittsburgh Sleep Quality Index (PSQI) and Trait Well-Being Inventory (TWBI). The results obtained by applying Pearson correlation and Multivariate Analysis of Variance (Manova) indicated an insignificant relationship between sleep quality and subjective well-being. However a significant difference has been seen between the top, middle and bottom scorer of sleep quality on subjective well-being. Qualitative study was based on semi-structured interviews with eight undergraduate students. Grounded theory method was employed to analyze the gathered information. The culminated themes such as emotional fluctuations, disturbing dreams and nightmares, caffeine consumption, routine change, physical environment, changing sleep pattern, and psychological beliefs and myths play vital role in sleep quality and subjective well-being of young adult men and women.