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PSYCHOLOGY 360:

The P A chologA and Ne ro cience of Sleep

LAB MANUAL

Fall Term 2022

#1:

#2:

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, (+=#, "&>$5/#, #3*'*+&3$6#;%::$Q&>#/Q&+3*:$R#03&*#9$+,$#15#.*#=B$
"&>#<#/$&*"#/$24(*+2#=+'$.'3$-#$4,#=$',$>#(($6+)$0&4$>+,"$*&$4,#$
, \& 2 \# "+3\% \# (, \# \& / \$ ' ==+^* + \& 3 ' (\$ 2 \# =+ ' : \$ 5 (\# ', \# \$ . \& 3^* ' . * \$ 0 \& 4 / \$ ! M \$ ' * \$ (\# ', * \$ ) 
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5/&<+=#$'$.(#'/$,*'*#2#3*$&)$*"#$,(##5$20*"$'3=$'$-/+#)$
+3*/&=4.*+&3?-'.A%/&43=$&)$*"#$20*";$!"#3$5/#,#3*$*"#$/#(#<'3*$
,*4=+#,:$>+*"$'3$#25"',+,$&3$*"#$2#*"&=&(&%0$'3=$/#,4(*,:$J+3'((0:$
5/#, #3*$0&4/$.&3.(4,+&3,$=/'>3$)/&2$*"#$,*4=+#,B$=&#,$*"#$
#15#/+2#3*'($#<+=#3.#$,455&/*$&/$.&3*/'=+.*$*"#$,(##5$20*";$M/#$*"#/#$
'30$+25&/*'3*$+25(+.'*+&3,$'3=$/#.&22#3='*+&3,$*"'*$0&4$.'3$2'A#P$
O&33&*$4,*$/#5#'*#=$>"'*$*"#$'4*"&/,$$.$0&4/$,*4=+#,$.&3.(4=#$'3=$)
/#.&22#3=B$.&2#$45$>+*"$,&2#$&)$0&4/$&>3$+=#',$'3=$.&3.(4,+&3,I$
"#$!%$'$()*)+, (-'.+/$!'#, 0!'#, 1./!2$!(,!.,(3$&!)#*(!45!6+(7!
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- C\$ ', A\$0&4/, #()U\$> " '*\$+3)&/2 '*+&3\$+,\$+25&/* '3*\$ '3=\$3#.#,, '/0\$)&/\$ 20\$ '4=+#3.#\$*&\$43=#/,*'3=\$*"#\$,*4=+#,B\$(#'<#\$&4*\$+3)&/2 '*+&3\$ *" '*\$+,\$3&*\$&)\$5/+2 '/0\$+25&/*'3.#\$
- C\$ "&>\$=&\$6\$%#*\$ 2 0\$ ' 4=+#3 . #\$+3*#/# , *#=\$+3\$ 2 0\$* ' (AP\$ "&>\$. ' 3\$6\$ #3% ' %#\$ 2 0\$ ' 4=+#3 . #P\$
- C\$)&/\$,(+=#,:\$*#1*\$+,\$&)*#3\$(#,,\$#))#.*+<#\$*" '3\$%/ '5",\$ '3=\$+2 '%#,\$
- C\$ "'<#\$)43\$>+*"\$0&4/\$*'(AB\$0&4/\$'4=+#3.#\$>+((\$#3\$&0\$0&4/\$*'(A\$'\$(&*\$2 &/#\$+)\$*"#0\$)##(\$*"'*\$0&4\$#3\$&0\$%+<+3%\$+*I\$

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<&+.+3%$0&4/$&5+3+&3:$&/$5/&<+=+3%$+=#',$'3=$+3,+%"*,$+3*&$*"#$<'/+&4,$
*&5+.,;$M**#3='3.#$'3=$5'/*+.+5'*+&3$-&*"$.&3*/+-4*#$*&$*"#$&<#/'(($
2 '/A$)&/$*"+,$('-$6,##$-#(&>9$'3=$#3"'3.#$*"#$(#'/3+3%$#15#/+#3.#$-0$
)'.+(+*'*+3%$'.*+<#$=+,.4,,+&3,$&)$.&4/,#$2'*#/+'(;$$$
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