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## **PSYCHOLOGY 360:**

## The P A chologA and Ne ro cience of Sleep

LAB MANUAL

Fall Term 2022

#1:

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