

The Effect of Sleep Duration on Memory Consolidation in Undergraduates

First Last

Department of Psychology, Example University

PSY 101: Introduction to Psychology

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Introduction

Begin your paper here. In APA 7th edition student papers the body starts on a new page after the title page, is double spaced, and uses a 12-point font with one-inch margins on all sides. Replace this placeholder text with your introduction, which should state the research problem, summarize relevant prior work, and end with the purpose or hypotheses of the current paper.

Background

Use second-level headings to organize the introduction into subsections. Cite sources in the text using author–date format, for example (Author, 2023), and list every cited work in the reference list at the end of the paper.

Method

Describe the participants, materials, and procedure in enough detail that another researcher could replicate the study.

Results

Report the findings, including descriptive statistics and the results of any inferential tests.

Discussion

Interpret the results in light of the hypotheses, note limitations, and suggest directions for future research.