

Consciousness Research

Databases

[Health Reference Center](#): REM Sleep, Non-REM Sleep, Why we Need Sleep, Parasomnia, Dyssomnia, Hypnosis, Meditation

[Britannica Academic](#): Circadian Rhythms, REM Sleep, Non-REM Sleep, Why we Need Sleep, Parasomnia, Hypnosis, Meditation

[Gale Student Resource Center](#): REM Sleep, Non-REM Sleep, Why we Need Sleep, Dyssomnia, Parasomnia, Hypnosis, Meditation

Websites

[National Institute of Health](#)

[National Sleep Foundation](#)

Google Search Hints:

Key Word:.gov

Key Word:.edu

APA Citations

[APA Citation Format Examples](#)

[Knight Cite](#)