Step 1. Determine the null and alternative hypotheses.

**Null hypothesis:** There is no difference in the average of the two methods(Meditation & Control), which indicate the Mean difference between the two methods is equal to zero.

**Alternative hypothesis:** There is a difference in average for the two methods(Meditation & Control), therefor the mean difference is not equal to zero.

Step 2. Collect and summarize data into a test statistic.

GSR:

The sample mean difference for GSR: MeanGSR = MeanMed – MeanCTRL = 6.654 - 7.04 = -0.386

The standard error of the difference is 0.156287172.

Z= (-0.386 – 0) / 0.156287172 = -0.386 / 0.156287172 = -2.469812429

VNSR:

The sample mean difference for VNSR: MeanVNSR = MeanMed – MeanCTRL = 7.78 - 8.02= -0.24

The standard error of the difference is 0.134996296.

Z= (-0.24-0) / 0.134996296 = -0.24 / 0.134996296 = -1.77782655