Request e Response na Prática

Métodos pro request:

```php
<?php

$request->getMethod();

$request->getUri();

$request->getHeaders();
$request->getHeader('Accept');
$request->getHeaderLine('Content-Type');
$request->hasHeader('Accept');

$request->getUploadedFiles();

$request->getParsedBody();
```

Recuperando os dados do corpo da requisição com o request:

```php
<?php

$request->getParsedBody();
```

Métodos pro response:

```php
<?php

$response->getStatusCode();

$newResponse = $response->withStatus(200);

$response->getHeaders();
$response->getHeader('MyHeader');
$response->getHeaderLine('MyHeader');

$response->hasHeader('MyHeader');

$newResponse = $response->withAddedReader('Allow', 'PUT');
$newResponse = $response->withoutReader('Allow');

$newResponse = $response->withHeader('Content-Type', 'application/json');

$response->getBody();
```

Retornando uma resposta pelo response:

```php
<?php

$response->getBody()->write('Hello');
```

Retornando um arquivo:

```php
<?php

use GuzzleHttp\Psr7\LazyOpenStream;

$stream = new LazyOpenStream('path/to/file', 'r');
$newResponse = $response->withBody($stream);
```

Retornando com informações mais detalhadas:

```php
<?php

$json = json_encode(['name' => 'Code Easy']);

$response->getBody()->write($json);
$newResponse = $response->withHeader('Content-Type', 'application/json')
    ->withStatus(201);

return $newResponse;
```

Retornando com um redirect:

```php
<?php

$newResponse = $response->withHeader('Location', 'https://site.com/my-new-route')
    ->withStatus(302);

return $newResponse;
```