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|  | * **MATERIALS USED:**   1) Intermediate Pneuotachomonator  2) 140 "Breathe Right Nasal Strips" (relaxation)  3) Polar Heart Rate Monitor  4) Stop Watch  5) Data Journal  6) 10 moderately massed subjects (129lbs-159lbs)  7) 10 heavily massed subjects (160lbs-190lbs)  8) Comfortable environment (70 degree room temperature)  9) Body Mass Scale  10) Bed with precisely positioned pillows  11) Water  12) Nose cover  13) Texas Instrument Calculator (obtaining random numbers) | |
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