**Abstract**

    Sleep deprivation is a problem that plagues modern society and has been proven to have a detrimental effect on memory. By using eight rats as subjects, the purpose of this experiment was to determine how many hours of sleep, or how many REM periods, are necessary for memories to be sufficiently encoded and remembered. With REM periods being considered, the rats were deprived of various amounts of sleep, and then tested on their ability to remember maze configurations. Although the results of this study do not pinpoint an exact amount of sleep that leaves the memory most impaired, they ultimately do reiterate the importance of sleep for normal memory function.

[HOME](http://docs.google.com/index.htm)