**Procedures**

The subjects of this experiment are two female dwarf hamsters (Phodopus Sungoris) who live in the same cage (dwarfs are sociable and so can live with others). For food they are given the regular hamster mix which is a balanced diet and they have water accessible to them at all times in their cage. To keep them in good health, they are given vitamins and nibble sticks to keep their teeth trim. A running wheel is present in the cage which they use for exercise. Their cage is located in a part of the house where they would be least likely disturbed, with comfortable temperatures, and situated where the cage will receive daylight. In other words, the hamsters are kept under regular pet environments with the exception of handling. The hamsters were allowed to pass the days just as they would normally do and the times when they awaken were taken note of. Daylight was visible to the hamsters during the daytime and the environment was kept dark during the night. The time of day when the hamsters were awake was recorded over a period of days and nights (night was when it was convenient for me, i.e. weekends) to provide the data which would serve for the controlled. Because of the possibility of a hamster having its own rhythm, both subjects' rhythms were uniquely used with the subject they belong to rather than having one as control and another for variable. The data collected relate to only the times the hamster were awake and not their activities because some activities such as eating, could be hard to keep track of due to the hamsters' ability to store and eat their food wherever they want. During the experimental process, the amount of light the hamsters saw was reversed�little or no light during the day and bright light at the cage during the night. The darkness during the day was acquired by a dark colored towel draped over the cage with ample opening for air but little light to penetrate; and the bright light during the night was achieved with an overhead lamp turned on above the cage. This was carried out three times while the times when the subjects were awake were recorded.

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