

Results

ANOVA

ANOVA - SLEEP

Cases	Sum of Squares	df	Mean Square	F	p	η^2
Group	68.055	7	9.722	7.327	< .001	0.280
Residuals	175.151	132	1.327			

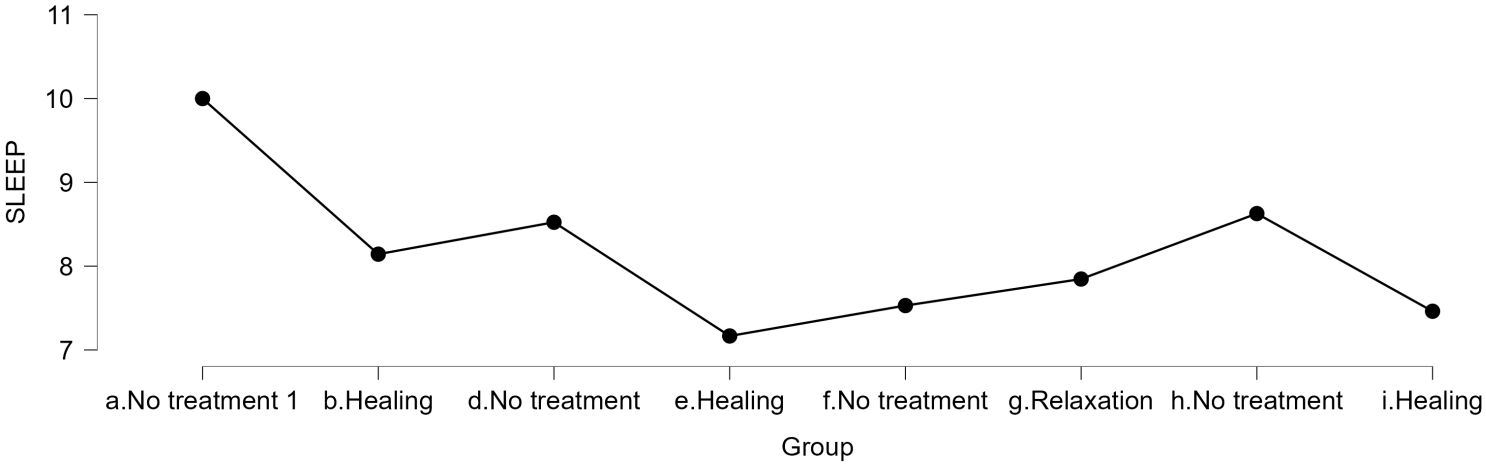
Note. Type III Sum of Squares

Descriptives

Descriptives - SLEEP

Group	N	Mean	SD	SE	Coefficient of variation
a.No treatment 1	8	10.000	0.000	0.000	0.000
b.Healing	14	8.143	1.703	0.455	0.209
d.No treatment	21	8.524	0.928	0.203	0.109
e.Healing	12	7.167	1.697	0.490	0.237
f.No treatment	23	7.530	1.028	0.214	0.137
g.Relaxation	13	7.846	0.801	0.222	0.102
h.No treatment	23	8.627	0.644	0.134	0.075
i.Healing	26	7.462	1.392	0.273	0.187

Descriptives plots



Post Hoc Tests

Standard

Post Hoc Comparisons - Group

		Mean Difference	SE	t	Ptukey
a.No treatment 1	b.Healing	1.857	0.511	3.638	0.009
	d.No treatment	1.476	0.479	3.084	0.049
	e.Healing	2.833	0.526	5.389	< .001
	f.No treatment	2.470	0.473	5.225	< .001
	g.Relaxation	2.154	0.518	4.161	0.001
	h.No treatment	1.373	0.473	2.903	0.080
	i.Healing	2.538	0.466	5.451	< .001
	d.No treatment	-0.381	0.397	-0.958	0.979
	e.Healing	0.976	0.453	2.154	0.386
	f.No treatment	0.613	0.390	1.570	0.767
	g.Relaxation	0.297	0.444	0.669	0.998
	h.No treatment	-0.484	0.390	-1.241	0.918
	i.Healing	0.681	0.382	1.784	0.632
	e.No treatment	1.357	0.417	3.256	0.030
	f.No treatment	0.994	0.348	2.859	0.090
	g.Relaxation	0.678	0.407	1.667	0.708
	h.No treatment	-0.104	0.348	-0.298	1.000
	i.Healing	1.062	0.338	3.143	0.042
	f.No treatment	-0.363	0.410	-0.885	0.987
	g.Relaxation	-0.679	0.461	-1.474	0.820
e.Healing	h.No treatment	-1.461	0.410	-3.561	0.012
	i.Healing	-0.295	0.402	-0.733	0.996
	g.No treatment	-0.317	0.400	-0.792	0.993
	h.No treatment	-1.098	0.340	-3.232	0.032
	i.Healing	0.068	0.330	0.207	1.000
g.Relaxation	h.No treatment	-0.781	0.400	-1.954	0.517
	i.Healing	0.385	0.391	0.983	0.976
h.No treatment	i.Healing	1.166	0.330	3.536	0.013

Note. P-value adjusted for comparing a family of 8

