

## Writing Handout:

# Using APA Format for Research Papers

This handout is designed to help you write a research paper using the American Psychological Association (APA) format.

Although the APA format can appear complex, this handout should help simplify the process. In addition to showing the correct format for citing sources in the body of your research paper, it also provides guidance on formatting the list of all sources that you used in your paper. A few sample pages are also included to help demonstrate the format.

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**NOTE:** Always check with your course instructor for specific guidelines and preferences. You might encounter situations that are not covered in this handout. Under these circumstances, consult with your course instructor or an ASC instructor.

Additional APA guides, grammar information, and writing aids:

ASC link on the IRSC Web site- <http://irsc-asc.weebly.com/research-paper.html>

American Psychological Association. (2009). *Publication manual of the American Psychological Association*, 6<sup>th</sup> ed. Washington, D.C.: American Psychological Association.

## Definitions

**APA (American Psychological Association) style** — This format was developed to provide uniform rules for documenting quotations, paraphrases, summaries, and lists of works cited in research papers for social science courses.

**Common Knowledge** — General information that can easily be located in any number of reference sources or that is commonly known. Common knowledge does not need to be cited.

**Direct quotation** — When you use the author's *exact* words, you are quoting. A quotation must be enclosed in quotation marks.

**In-text citation** — When you quote, paraphrase, or summarize from a source, you must include an in-text citation which provides brief information about your source. The typical in-text citation follows the author-date format: the author's last name and year of publication. Quotations also require the page number (or paragraph number if no page number is available). In-text citations are written either as a *parenthetical reference* or as a *signal phrase*. (See page 3 for a further explanation.)

**Paraphrase** — When you restate the author's ideas in your own words, you are paraphrasing. A paraphrase includes most of the details in roughly the same number of words as in the original version.

**Plagiarism** — When you use another's information or ideas without indicating the source, you are plagiarizing. This offense is very serious and can result in mandatory withdrawal from the course. To prevent plagiarizing, cite sources when you quote, paraphrase, or summarize from your sources.

**Summary** — When you restate the main points of an author's ideas (not all of the details) in a fewer number of words than the longer, original version, you are summarizing.

**Reference List** — The last page of your research paper is the reference list page and includes complete publishing information for each of the sources cited in your paper. The sources are listed alphabetically.

## Format for APA In-text Citations (6.03-6.05)

In the written body of your paper, you must give credit whenever you quote or use another's words or ideas. You give credit by using in-text citations that typically follow the author-date format: the author's last name and year of publication. If the author is unknown, cite the title (abbreviated) in place of the author's name. If no date is available, include the abbreviation "n.d." (for "no date").

Quotations also require the page number written with the abbreviation *p.* or *pp.* or paragraph number (written as "para") if no page number is available. Although not required, page numbers are encouraged for paraphrased material also, especially when paraphrasing lengthy text. For online sources, if neither page nor paragraph numbers are available, cite the heading (abbreviate if more practical) and the number of the paragraph (e.g., Introduction section, para. 2). Note: Do not italicize the reference markers.

In-text citations are written either as a *signal phrase* or *parenthetical reference*.

### ► Signal Phrase Format

A signal phrase includes the author's last name (or the title of the source if the author is unknown), the publication date in parentheses, and an appropriate verb (such as asserts, claims, declares, defines, illustrates, notes, observes, reports, responds, suggests, or writes). The page number is placed in parentheses at the end of a quotation. For paraphrased material, the page number is placed in parentheses at the end of the sentence, followed by the closing punctuation.

#### *Signal phrase in a quotation*

Czeisler (2000) reports, "Bright light produces a clear resetting of the subject's circadian rhythms, yet it is too early to know why this happens" (p. 137).

#### *Signal phrase in a paraphrase*

Czeisler (2000) reports that bright light affects one's circadian rhythms although the explanation is not yet known (p. 137).

#### *Signal phrase for unknown page number (indicating a section heading)*

According to Czeisler (2000), bright light affects one's circadian rhythms although the explanation is not yet known (Sleep Patterns section, para. 6).

### ► Parenthetical Reference Format

In a parenthetical reference, the author's last name (or the title of the source if the author is unknown), the publication date, and the page number (if required) is placed in parentheses at the end of the quoted or paraphrased material. The end punctuation is placed after the parentheses.

#### *Parenthetical reference in a summary*

Other researchers confirm that bright light produces an actual resetting of the circadian rhythms (Rosenthal, 1999).

### Parenthetical reference in a quotation

Circadian rhythms are “[biological] processes that occur repeatedly on approximately a twenty-four hour cycle” (Feldman, 2002, p. 125).

### Parenthetical reference for unknown author and unknown date

Another study of post-graduate nursing students indicated that they experienced symptoms of extreme stress (“Nursing Study Finds,” n.d.).

#### **Notes:**

1. If in the first citation within a paragraph, the author and year are cited in a signal phrase, the year does not have to be cited in subsequent nonparenthetical references. However, if in the first citation, the author and year are in a parenthetical reference, the year must be included in subsequent citations.
2. When an entire paragraph comes from one source, the citation may be placed at the end of the paragraph except when citing statistics or historical events and dates. In these cases, a citation is required at the end of each sentence in which they appear.

## Examples of In-text Citations

### A Work with One Author (6.11)

#### Signal phrase

In fact, Mapes (2000) believes that the accident at the Three Mile Island nuclear power plant happened because engineers ignored a series of warning signals.

#### Parenthetical reference

The accident at the Three Mile Island nuclear power plant happened at 4:00 a.m., and the Chernobyl reactor exploded at 1:23 a.m. (Mapes, 2000).

### A Work with Two Authors (6.12)

List both authors in the signal phrase or parentheses each time you cite the source.

#### Signal phrase

Worchel and Shebilske (1999) report that a person's biological clock is internally set at 24 hours.

#### Parenthetical reference

A person's biological clock is internally set at 24 hours (Worchel & Shebilske, 1999).

**Note:** Use “and” in the signal phrase, but the ampersand (&) in the parenthetical reference.

## A Work with Three to Five Authors (6.12)

List all the authors in the signal phrase or parenthetical reference the first time you cite the work. In later citations, list the first author's name followed by *et al.* (not italicized) in either the signal phrase or the parenthetical reference as shown below.

### Signal phrase for first citation

Czeisler, Johnson, and Duffy (2000) find similar results in monkeys.

### Signal phrase for subsequent citations

Czeisler et al. (2000) report that normal light had no effect.

### Parenthetical reference for first citation

Similar results have been found in monkeys (Czeisler, Johnson, & Duffy, 2000).

### Parenthetical reference for subsequent citations

Normal light had no effect (Czeisler et al., 2000).

**For six or more authors**, use the first author's name followed by *et al.* for all citations.

## Unknown Author (6.15)

If the author is not known, use the complete title in the signal phrase or use a short form of the title in parentheses.

### Complete title in the signal phrase

The article "Are You a Day or Night Person?" (2000) states that the pineal gland, which releases melatonin at night, regulates the biological clock.

### Partial title in the parenthetical reference

The pineal gland, which releases melatonin at night, regulates the biological clock ("Are You," 2000).

## Groups as Authors (6.13)

For names of groups that serve as authors (e.g., corporations, associations, government agencies), use the full name of the group in the first citation and abbreviate it in subsequent citations if the abbreviation will give the reader enough information to locate the source on the reference page. (If you abbreviate the name, include the abbreviation in parentheses after using the full name in the first citation.) If the name is short or abbreviating the group name will cause the reader confusion, continue to write out the full name in each citation.

### *First citation using a signal phrase*

The National Institute of Mental Health (NIMH, 1999) is studying the effect that altering circadian rhythms has on the memory.

### *Second citation using a signal phrase*

NIMH (1999) believes that future studies with bright light therapy and the effects of memory loss will be encouraging.

### *First citation using a parenthetical reference*

Scientists are studying the effects that changing circadian rhythms may produce on the memory (National Institute of Mental Health [NIMH], 1999).

### *Second citation using a parenthetical reference*

Scientists hope that future studies with bright light therapy and the effects of memory loss will be encouraging (NIMH, 1999).

## **Secondary Sources (6.17)**

When quoting or paraphrasing a source that you read in a secondary source, list the secondary source in the reference list. However, in the body of the text, use the following method of citation:

Demont (as cited in Feldman, 2002) reports that most individuals feel sleepy in mid-afternoon, a phenomenon due solely to the time of day, not eating a heavy lunch.

NOTE: This is not the format for a work that is part of a collection or in an edited book. For an work or article found in another source, use the appropriate format for that source (e.g., one author, corporate author). See the “Article or Chapter in Edited Book” entry on page 11 for the correct *Reference* format in this instance.

## **Personal Communications (6.20)**

Letters, telephone conversations, e-mails, and memos are examples of personal communications. If the person interviewed is not widely known, explain his or her credentials. Because personal communications are not available to the reader, do not include them in the reference list. Instead, parenthetically identify the citation as a personal communication, provide initials as well as the last name of the person, and include the exact date of the communication where possible.

### *Unpublished letter with a signal phrase*

In a letter to the author, Dr. J. Smith (personal communication, August 24, 2000), a neurologist at St. Mary’s Hospital in West Palm Beach, describes the basic procedure for this operation.

### *E-mail in a parenthetical reference*

In an e-mail to the author, a neurologist at St. Mary’s Hospital in West Palm Beach describes the basic procedure for this operation. (Dr. J. Smith, personal communication, August 24, 2000).

## Quotations (6.03)

### General Guidelines for Quotations

When you use quotations, you must use the author's exact words (and interior punctuation and spelling). Some exceptions to this general rule are as follows:

- ▶ You may omit part of the author's words as long as you do not change the author's meaning and you use ellipsis points (three spaced periods for omitted material within a sentence and four spaced periods for omitted material between sentences). Ellipses are not required at the beginning or end of quotation unless needed for clarification.
- ▶ You may insert words in a quotation if necessary for clarification (inserted words are placed within brackets).
- ▶ Sometimes an author or typesetter makes a mistake in something you are quoting. In this case, you may insert the Latin word *sic* in brackets and italics right after the error.

### Short Quotations

If a quotation is **less than 40 words**, incorporate it into the text of your report. Do not use a quotation as a complete sentence all by itself.

- ▶ Place quoted material inside quotation marks.
- ▶ Blend the quotation into a sentence through the use of a signal phrase containing the author's last name, the publication date in parentheses, and an appropriate verb (e.g., asserts, claims, declares, defines, illustrates, notes, observes, reports, responds, suggests, or writes) -- or --
- ▶ Blend the quotation into a sentence through another type of introductory signal phrase, and place the in-text citation in parentheses immediately following the end quotation marks.
- ▶ Construct a grammatically correct sentence when you blend the quotation into your text.

### Examples

Feldman (2002) defines circadian rhythms as “[biological] processes that occur repeatedly on approximately a twenty-four hour cycle” (p. 125).

Circadian rhythms are defined as “[biological] processes that occur repeatedly on approximately a twenty-four hour cycle” (Feldman, 2002, p. 125).

## Long Quotations (Block Quotation)

If a quotation is **more than 40 words** in length,

- ▶ Introduce the quotation with a signal phrase containing the author's last name, the publication date in parentheses, and an appropriate verb, followed by a colon.
- ▶ Start a new line and indent the entire quotation ½ inch from the left margin. Use the normal right margin.
- ▶ Do not put quotation marks around the indented quotation.
- ▶ Use double spacing.
- ▶ Place the page (or paragraph) number in parentheses following the closing punctuation mark.
- ▶ If the signal phrase does not contain the author's name and publication date, put the author's name, publication date, and page number in parentheses after the closing punctuation mark.

The crew tried another change. Using bright lights on the body, the astronauts were able to successfully change their circadian rhythms to meet the demands of night work. Researcher Czeisler (2000) explains his findings:

People exposed to five hours of bright light during the nighttime over a three-day period reset their internal clock as much as twelve hours. The timing of the light could not be haphazard, however. The exposure had to be sincronized [*sic*] with particular phases of a person's circadian rhythm in order for it to be effective. (p. 72)

**Note:** The word "synchronizd" was misspelled in the original source. The Latin word *sic* is placed in brackets right after the error.

## Format for References (6.22-6.30)

After the final page of text of the paper, prepare a separate reference list page. Only the sources that you cite in your paper appear in this list. Continue numbering the pages as you did in the body of your paper. Center and bold the word **References** one inch from the top of the page, but do not underline or italicize it or place it in quotation marks. Double space between the title and the first entry. Use the following general guidelines in setting up the entries in your reference list.

1. In the APA citation, end each of the parts (author, date, title, publishing information) with a period and one space. Within each part of the citation, use one space between words and after punctuation.
2. Begin entries at the left margin, and indent each additional line one-half inch (hanging indent). Double space every entry and between entries.
3. Alphabetize entries according to **authors'** last names. Use initials instead of first and middle names.

- a. Use commas to separate authors' names, and use the ampersand (&) instead of the word between the last two names.
  - b. In an entry with multiple authors, use all of their names. If there are more than eight authors, include the first six followed by three ellipses and then add the last name.
  - c. If the author is unknown (and there is no editor), alphabetize by using the first significant word of the title, not the articles *A*, *An*, and *The*.
  - d. For group authors (National Institute of Mental Health), alphabetize by using the first significant word of the name.
4. Follow these general guidelines for **titles**:
- a. For books, italicize titles and subtitles. Capitalize only the first word of the title, the first word of the subtitle, and proper nouns.
  - b. For periodicals such as journals, newspapers, periodicals, and magazines, italicize the title and use both upper and lower case letters for the title.
  - c. For titles of articles and essays, do not italicize or underline or use quotation marks. Capitalize only the first word of the title and subtitle. Also capitalize proper nouns.
5. Follow these general guidelines for **publication information**:
- a. Place the year of publication in parentheses after the last author's name. For magazines and newspapers, provide the entire date of publication (Year, Month Day). If the date is unknown, place *n.d.* (italicized) in parentheses.
  - b. For books, provide the location (city and state [abbreviated]) and the name of the publisher in a brief form (e.g., exclude words such as *Publisher, Co., Inc.*).
  - c. For periodicals such as journals, newspapers, periodicals, and magazines, provide:
    - i. volume number (italicized)
    - ii. issue number if journal is paginated by issue (in parentheses and not italicized)
    - iii. page numbers (without p. or pp.)
6. For **electronic sources**, please refer to "APA Citation Style" at <http://irsc-asc.weebly.com/research-paper.html>) or "Citing and Crediting your Sources using the APA Style" at <http://www.irsc.edu/uploadedFiles/Libraries/Tutorials/apa-guide.pdf> .

## Examples of References

### Book with One Author (7.02)

- ▶ Capitalize only the first word of the title, the subtitle, and any proper nouns.
- ▶ Put year of publication in parentheses after the author's name.
- ▶ Italicize the title and subtitle.
- ▶ Include both city and state in publication information.
- ▶ Omit the words like *Inc.* or *Company* when listing the publisher.

Hartman, E. (1999). *The sleep book*. Chicago, IL: Scott Foresman.

## More Than One Author (6.27)

- ▶ Invert all authors' names, using initials instead of first names.
- ▶ Use ampersand (&) rather than the word *and*.
- ▶ Separate the names with commas.

Worchel, S., & Shebilski, W. (1999). *Psychology: Principles and application*. Englewood Cliffs, NJ: Prentice Hall.

## Article from a Scholarly Journal (6.27-6.30 & 7.01.1)

- ▶ Put only the year in parentheses after the author's name.
- ▶ Capitalize only the first word of the article title, the first word after a colon, and proper nouns. Do not italicize the article title or place it in quotation marks.
- ▶ Capitalize the first word and all major words of the journal title, and italicize the title.
- ▶ Italicize the volume number if given, and put the issue number in parentheses after the volume number if the journal is paginated by issue, placing no comma or space after the volume number.
- ▶ If journal has no issue number, place a comma after the volume number.
- ▶ Do not put a p. or pp. before the page numbers.
- ▶ If there is a DOI, it must be included.

Allen, J. L. (1999). Situational factors in sleep. *Journal of Personality and Social Psychology*, 56(3), 257-266. doi:10.1090/1359875093421

## Article in Newspaper or Magazine (6.27-6.30 & 7.01.10)

Notice these differences between a journal article, magazine article, and newspaper article:

- ▶ For a magazine or newspaper article, give the exact date (month, day, and year/month and year) of the publication. Use a comma to separate the year from the rest of the date.
- ▶ Put a p. or pp. before the page numbers of a newspaper article. If the page numbers are not continuous, list all page numbers separated by commas.

Barnes, L. (1997, August 23). A nation of drowsers. *Stuart News*, pp. C11, C13.

Bonner, P. (1999, July 14). A study of travel rhythms. *American Psychologist*, 30, 30-32.

## Unknown Author (6.27 & 7.01.9)

- ▶ If no author name is included, use the title in the author position.
- ▶ Use the full title, including punctuation; do not abbreviate or truncate.

Are you a day or night person? (2001, March). *McCalls*, 158, 12.

## Edited Book (6.27 & 7.02)

- ▶ Put the editor's name in the author position and follow it with *Ed.* or *Eds.* in parentheses.

Tannen, D. (Ed.). (1990). *Gender and conversational interaction*. New York, NY: Morrow.

## Article or Chapter in Edited Book (6.27 & 7.02.25-26)

- ▶ Give the author of the selected work in the book first.
- ▶ The word *In* introduces the main work from which the selection is taken and is followed by the name(s) of the editor(s) and the abbreviation *Ed.* or *Eds.* as appropriate, followed by a comma.
- ▶ The name of the book and inclusive page numbers of the article in parentheses follow.

Redford, R. (2002). The subliminal messages of American western films. In P. Newman & C. Eastwood (Eds.), *Society and film: An anthology of criticism* (pp. 120-130). Los Angeles, CA: Warner Publishing.

## Group Author (6.27, 6.30, & 7.02)

- ▶ Use the full name of the group author. Do not abbreviate.
- ▶ If the group author is also the publisher, use *Author* as the publisher.

Public Health Foundation. (1992). *The timing is wrong*. Boston, MA: Author.

## Electronic Sources (7.01, 7.02, & 7.11)

- ▶ A variety of electronic sources is now available for research papers. If you are using any of these sources, such as web publications or online databases, please refer to “APA Citation Style or “Citing and Crediting your Sources using the APA Style.” These resources are available through the ASC links on the IRSC web site (<http://irsc-asc.weebly.com/research-paper.html>).

## Other Sources (7.04, 7.06, & 7.10)

- ▶ A variety of sources exist that can be used in writing research papers such as television or radio broadcasts, films, maps, charts, or publications on CD-ROM or DVD-ROM.
- ▶ For guidance in documenting these sources and many other sources, consult your course instructor, an ASC instructor, or the *Publication Manual of the American Psychological Association*, 6<sup>th</sup> ed.

## Format Guidelines (2.01-2.02, 8.03)

### The APA Title Page (Refer to the sample on page 14)

1. Using the header feature of your software program, create a running head flush with the left margin. On the title page, the running head is followed by a colon and the title of your paper (or an abbreviated title). Beginning with the title page, type the page numbers on the same line as the running head flush with the right margin. NOTE: The running head on all pages after the title page consists only of the title (or abbreviated title) and the page number.
2. Type the title in upper and lower case letters, centered in the upper half of the page.
3. Type your name on the next line and the name of your college on the following line. Double space all information.
4. An author's note is typed on the lower half of the title page (normally not required for undergraduate level papers). An author's note includes author affiliations, acknowledgements, and contact instructions.
5. NOTE: While not required by APA, some instructors prefer that you also include course information, their name, and the date on the title page. Always check with your instructor for his or her individual preferences.

### General Format Guidelines

1. Use 8 ½ x 11 inch standard typing paper.
2. Double space the entire paper, and use Times New Roman with 12-point font size.
3. Except for the running head and page numbers, leave a margin of at least 1 inch on all sides of the paper.
4. Do not justify the right margin.
5. Indent the first line of each paragraph one-half inch or five spaces.
6. If required, follow this arrangement: Title page, abstract (if required), body, references page, tables, figures, and appendices.

## **Abstract (2.04)**

An abstract is a brief summary of the paper. It should provide the reader with enough information to understand what the paper is about. The abstract appears on a separate page between the title page and the body of the paper.

Abstracts are generally required by APA guidelines for works that are to be published in a journal or other professional publication. Instructors at the undergraduate level generally do not require abstracts. Check with your instructor for specific preferences.

## **Tables, Figures, & Appendices (2.13)**

These sections are useful means for making information available to the reader that would be cumbersome or inappropriate to the main body of the paper. Students engaged in research paper writing for undergraduate level courses probably will not need to include these sections in their projects. However, the best course of action is to check with the instructor to determine whether appendices are required.

## **A Sample Organization Model With Headings (3.02-3.03)**

In the model paper, note how the writer has posed three issues to be discussed as part of the thesis:

1. How do circadian rhythms affect people's lives?
2. Can these rhythms be modified to meet people's needs?
3. What implications do recent successes on altering circadian rhythms have on future research?

For each issue raised within the sample thesis, the writer has written a section of the paper and labeled the section with a heading that is centered, bold-faced, and capitalized. Section headings may be included where they lend to the clarity and organization of the paper. Please check with your instructor for individual preferences or with the APA handbook if additional levels of headings are used.

# APA Sample Title Page

Running head: CIRCADIAN RHYTHMS

1

The running head and page line is 1/2 inch from top of the page. Page number is located 1 inch from the right.

Circadian Rhythms:  
The Body's Internal Watch  
Pat Andrews  
Indian River State College

Center the title page information in the upper half of the page and double space.

Author Note

This paper was prepared for Psychology 101, Section 112, taught by  
Professor Litton.

**IMPORTANT:**  
At this point, some instructors will prefer that you also include course information and the date. Check with your instructor for individual preferences. This sample includes the information in the form of the Author Note.

**NOTE: Always check with course instructor for specific guidelines.**

# APA Sample Paper

## CIRCADIAN RHYTHMS

↑  
1 inch  
↓

2 1 inch →

### Circadian Rhythms: The Body's Internal Watch

→ 1/2 inch Turning off the light and falling asleep sounds like such a simple task, but fifty million Americans may not agree (Hartman, 2002). Researchers have recognized that circadian

→ 1 inch rhythms, the body's internal clock, determine cycles, such as waking and sleeping. Feldman (2002) defines circadian rhythms as "[biological] processes that occur repeatedly on approximately a twenty-four hour cycle" (p. 125). Understanding these complex rhythms requires understanding how circadian rhythms affect people's lives, whether these rhythms can be modified to meet people's needs, and what implications recent successes on altering circadian rhythms have on future research.

#### Effects of Circadian Rhythms

Mapes (2000) states that people who work night shifts frequently have trouble sleeping during the day and are often less productive and more prone to making more mistakes than their day counterparts. Working night shifts and needing sleep during the day is a reversal of the normal biological clock functions. He claims that it may be no coincidence that the accident at Three-Mile Island nuclear power plant happened at 4 a.m. and the Chernobyl reactor exploded at 1:23 a.m. Demont observes that most individuals feel sleepy in midafternoon, a phenomenon due solely to the time of day, not to eating a heavy lunch (as cited in Feldman, 2002). Clearly, these powerful rhythms affect people's lives.

#### Modification of Circadian Rhythms

Up to now, trying to change the body's internal clock to a sleep-during-the-day/awake-during-the-night cycle has been difficult. Rosenthal (2001) tells the story of trying to change the normal sleep/wake cycle of the crew of the space shuttle Columbia in order for them to work in space during the night.

Running head and page number should be 1/2 inch from top of page and 1 inch from margin.

**Note:** Page numbers are not required with paraphrased or summarized material; however, page numbers are encouraged when paraphrasing lengthy text. Also, some instructors may require a page number. Check with instructor.



Using the well-known process of forcing themselves to stay up all night, the crew watched movies, ate breakfast at night and dinner in the morning. However, they never adjusted to the new time change.

The crew tried another change. Using bright light on the body, Columbia's astronauts were able to successfully change their circadian rhythms to meet the demands of night work (Bonner, 2000). Researcher Czeisler (2000) reports the findings on how this change occurred:

People exposed to five hours of bright lights during the nighttime over a three-day period reset their internal clocks by as much as twelve hours. The timing of the light could not be haphazard, however. The exposure had to be synchronized [sic] with particular phases of a person's circadian rhythm in order for it to be effective. (p. 55)

This modification allowed the astronauts to remain wide awake all night but crave sleep during the day.

#### **Implications of Research**

In later research, Czeisler (2000) continued his work with bright lights. For example, he discovered that bright light vs. normal light levels produced a better resetting of the subject's circadian rhythms. It is still puzzling why bright light tricks the brain, but researchers hope someday to have sunlight-type lights available in airplanes, for instance, so that passengers could soak these "rays" to prepare for time zone changes.

*The rest of the paper has been omitted.*

# APA Reference Page

CIRCADIAN RHYTHMS

9

## References

Are you a day or night person? (2000, March). *McCalls*, 158, 12.

Bonner, P. (2000, July). Travel rhythms can be changed. *American Psychologist*, 30, 72-77.

Czeisler, C. A., Johnson, M. P., & Duffy, J. F. (2000, May 3). Exposure to bright light and darkness to treat physiologic maladaptation to night work. *New England Journal of Medicine*, 322, 1253-1260.

Feldman, R. (2002). *Essentials of understanding psychology* (2nd ed.). New York, NY: McGraw-Hill.

Hartman, E. (2002). *The sleep book*. Chicago, IL: Scott Foresman.

Mapes, G. (2000, April 10). Breaking the clock: Was it an accident Chernobyl exploded at 1:23 in the morning? *The Wall Street Journal*, pp. A1, A6.

Rosenthal, E. (2002, April 23). Pulses of light give astronauts new rhythms. *The New York Times*, pp. C1, C8.

Worchel, S., & Shebilske, W. (1999). *Psychology: Principles and application*. Englewood Cliffs, NJ: Prentice-Hall.