UNIV 1200 - Sleep: 1/3 of Your Life Spent with Your Eyes Closed
Why am I here?

• Lindsey Robinson (Library Associate)

• University assignments often require you use research to support your claims.

• It’s key that you use credible and appropriate resources.
What are we going to do today?

- Choosing the best information
- Finding news sources
- Where you can get help
The Library @ U of G

- 7 Floors (including the basement)
- Open 8AM – 2AM (Mon-Thurs), 8AM – 11PM (Fri) & 11AM – 11PM (Sat and Sun)
- Ask Us Desk is there to help (Ask them any question!)
- Writing, Studying and Research Help
CHOOSING THE BEST INFORMATION

Tips and Tools
Choose the Best Info:

**Today’s Research Topic**

- Do some sleep positions cause health problems?
Is your sleep position a nightmare?

The posture you adopt can result in sweet dreams or tears on your pillow, says Anna van Praagh.

Most of us give little thought to the position in which we sleep. But we should: it matters. Sleep experts believe that drifting off in the wrong position can be as damaging as walking around with a permanent neckache.
Example 2
Source: http://www.webmd.com/sleep-disorders/features/sleep-position-and-sleep-quality

The Link Between Sleep Position and Sleep Quality

Side sleeper? Back sleeper? Stomach sleeper? How you sleep may hold clues to how well you sleep.

By Jennifer Soong
WebMD Magazine - Feature
Reviewed by Michael J. Breus, PhD

Stacey Sanner, 51, a PR consultant in Seattle and avid runner, is partial to sleeping on her right side. In her 20s, following a knee injury, she switched her primary sleep position from her stomach to her side and added a pillow between her legs.

"I have never been able to sleep on my back," she says. "When I started having lower back trouble, my doctor told me, "One of the best things to do is sleep on your side with a pillow between your knees."

Can sleep posture affect the quality of your sleep and health? Absolutely, says Steven Park, MD, author of Sleep, Interrupted and clinical assistant professor of otolaryngology at New York Medical College in Valhalla, N.Y. Fatigue, sleep apnea, headaches, heartburn, and back pain are some of the complaints that can be aggravated by..."
Example 3
Source:


SLEEP POSITIONS AND POSTURAL SHIFTS IN ELDERLY PERSONS

DOMINIQUE LORRAIN, JOSEPH DE KONINCK, HUGUETTE DIONNE AND GINETTE GOUPIL
School of Psychology, University of Ottawa, Canada

Summary.—The sleep characteristics and the body positions of four men and four women ranging in age from 65 to 75 yr. were monitored in the laboratory for 2 consecutive nights preceded by 2 adaptation nights. Overall, there was an average of 16 position shifts per night with duration of position averaging 33 min. The preferred trunk positions were on the right side (55%) and the least frequent on the stomach (20%) and limited to waking episodes. Back positions occurred for 19% of sleep time and left positions for 22%. The preference for the right side and the absence of stomach postures during sleep which appear to be characteristic of elderly persons may respectively be related to cardiovascular and respiratory functions.

Along with the comprehensive documentation now available on the electrophysiological characteristics of sleep, extensive work has been reported on motor patterns during sleep in man (3). However, information on postural shifts and body positions during sleep is scarce but of much interest. Hobson, et al. (3) have attracted attention by demonstrating that postural immobility is related to the sleep cycle in humans. More recently, De Koninck, et al. (2) have studied sleep positions in young adults and observed a relationship between trunk-position preferences and the subjective quality of sleep, and Cartwright (1) has documented a relationship between sleep position and severity of sleep apnea. To complement the detailed accounts now available of the electrophysiological characteristics of sleep in elderly persons (4, 7) we report a first study of postural activity during sleep for this age group.

Four men and four women, ranging in age from 65 to 75 yr. and free from any sign of sleep disorders, spent four consecutive nights in the laboratory while standard electrophysiological parameters were monitored (6). On the third and fourth nights, sleep positions were filmed with a Nikon Super 8 camera (Model 801). The camera was set to take one frame every 8 sec. (8-sec exposures), providing 3600 pictures over a continuous 8 hr. of recording and requiring a 5-w night white. Sleep positions were analyzed along four dimensions (the position of the head, trunk, arms, and legs), each containing four categories; see Table 1. To be scored a position had to be maintained for at least 1 min. A change in any one dimension was noted as a position change; for more details on this technique, see De Koninck, et al. (2). The reliability of the physiological and photographic data was ascertained by having two judges independently score 10 night records. Coefficients between their ratings were above .80 for each sleep stage and position category. The data for Nights 3 and 4 were combined for analysis.

The results on the physiological measures corresponded to those obtained recently with similar groups in other labs (4). Table 1 presents the main features of the photo-
How can you tell what information is “better”?

Choose the Best Info: Why Evaluate? (VIDEO)
Currency

The timeliness of the information.

- When was the information published or posted?
- Has the information been revised or updated?
- Is it current or out-of-date for your topic?
- Are all the links working?
Relevance

The importance of the information for your needs.

- Does the information relate to your topic or answer your question?
- Who is the intended audience?
- Is the information at an appropriate level?
- Have you looked at a variety of sources to make sure this is the best one?
- Are you confident and comfortable using this source for an academic assignment?
Authority

The source of the information.

- Who is the author? (publisher, source, sponsor)
- What are the author’s credentials or the source’s reputation?
- What makes them qualified to write on the topic?
- Can you get in touch with the author? (contact information / email)
Accuracy

The reliability, truthfulness and correctness of the information.

- Where does the information come from?
- What evidence do they use to back up their claims/statements?
- Has the information been reviewed or refereed?
- Can you verify it with another source?
- Is there bias?
Purpose

The reason the information exists.

- What is the purpose of the information?
- Is it fact? Opinion? Propaganda?
- Is it objective and impartial?
- Consider the bias! (Political, ideological, cultural, religious, institutional)
FINDING QUALITY SOURCES

Tips and Tools
Choose the Best Info: Today’s Research Topic

- Do larger class sizes impact learning at University?
Course Guide

Course Guide:  
http://guides.lib.uoguelph.ca/UNIV1200SLEEP
As You Search:

- What keywords or phrases describe your topic?
- Are there synonyms (other words that mean the same or nearly the same)?
- Related Words

After You Search Tip:

- Refine Your Results:
  - Resource Type
  - Date
  - Subject
PARAPHRASING

Understanding and Avoiding Plagiarism: From Passage to Paraphrase

Video: From Passage to Paraphrase
Questions?
Get in touch:

- Help finding sources for assignments
- Get feedback on your writing
- Learn about citation and reference styles
- Time management and study strategies
- Supported Learning Groups (SLGs)
- Hands-on workshops and more!
- Chat, Email, Phone or Drop By