

Experimental Design Practice

1. Design an experiment to test whether consuming kale improves exercise recovery time. Include a placebo group.
2. Design an experiment to test whether listening to music while writing a test has an effect on performance. Describe how to blind the researchers.
3. Design an experiment to test whether using a light therapy box in the evening is effective for improving sleep. Include no-intervention and placebo groups, as well as multiple experimental groups. Describe how participants and researchers can be blinded (ha ha).