

This research introduces a pattern in which a repetitive occurrence helps the brain retain knowledge when qualitative researchers evaluate data, take a resting period, and present that data in a thematic analytical approach. An important facet of research is finding evidence to support desired outcomes; this becomes a rewarding action in the context of interpreting data. Sleeping directly after mentally securing the data sends the hippocampus region of the brain into activation mode due to a rewarding condition. This resting period helps support the researcher's long-term memory, Nilsen (2021). Parker's illustrious guild, 'The Concise Human Body' writes the hippocampus is "involved with learning, recognizing new experiences, and short-term memory". (2019). Without deviation after rest, if the researcher plunges into the presentation of acquired data, the information can be substantially articulated in a more clearly formed thematic analysis. Thematic analysis combs for patterns throughout qualitative data via thematic decomposition analysis, Braum (2006). The pattern represented here is research, rest, and presentation.

Some advantages of qualitative studies are the augmentation of data and having people skills for interviewing.

#### References

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Parker, S., (2019), *The Concise Human Body Book*, DK Publishing, Penguin Random House, 2<sup>nd</sup> Edition