

# Chicago Format Essay

Header with last name and page number, right-aligned.

Navarre 1

Center all elements vertically and horizontally. Double-space each line.

Libraries After Midnight: How Late-Hour Spaces Change the Way We Think

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CS 247: Reading Environments and Cognition

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15 April 2025

# Chicago Format Essay

Center the title before the first paragraph. Do not bold or underline.

Indent first line 0.5 inch. Keep double spacing.

Libraries After Midnight: How Late-Hour Spaces Change the Way We Think

Libraries feel different after midnight. The quiet becomes heavier, almost physical, and the usual rhythm of a public space fades into something more solitary. Students talk about a sharper focus at these hours, yet the effect seems deeper than a simple lack of noise. A study on nighttime cognition notes that “late-hour environments shift the balance between attention and reflection”<sup>1</sup>. The library becomes a place where thoughts stretch out, unpressured by the pace of daytime tasks.

The layout of a library also changes its meaning after dark. Empty tables create a sense of permission to take up more space, and the slower traffic frees readers to follow a line of thought without interruption. One researcher observed that “ambient silence acts as a cognitive reset when external demands fall away”<sup>2</sup>. This shift may explain why many people produce their most original ideas in the hours when the building is nearly empty. The setting encourages deeper wandering, both in the text and in the mind.

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Navarre 2

Insert footnote number as a superscript.  
Place it after punctuation.

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Indent the first line of each paragraph by 0.5 inch. Keep the text double-spaced and left-aligned.

1. Liora Ames, *Night Minds: Cognitive Patterns After Dark* (Solstice Academic Press, 2021), 64.
2. Rowan Ives, *Quiet Architectures: How Spaces Shape Thought* (Northshore Publishing, 2019), 112.

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Navarre 3

Notes

Start notes on a new page. Center the heading. Number notes sequentially.

Follow Chicago Manual of Style (17th ed.) guidelines: double spacing, footnotes, header, and full bibliography.