



# Sleep Optimization Tutorial

**C Cleary**



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calculate the number of moles from each of the following a  $6.95 \times 10^{23}$  atoms of cu b  $7.12 \times 10^{21}$  molecules of co<sub>2</sub> c  $3.33 \times 10^{22}$  ions of pb<sup>4+</sup> d  $7.00 \times 10^{23}$  formula units of lino<sub>3</sub>

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the quantity of heat for a process is represented by the letter  $q$  the sign of  $q$  for an endothermic process is positive because the system is gaining heat a chemical reaction or physical

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the quantities commonly encountered in chemical problems include the number of moles of a substance the number of atoms molecules or formula units of a substance and the mass in

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it is always a good idea to estimate the answer before you do the actual calculation in this case the mass given 35 00 g is less than the molar mass so the answer should be less than 1

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the atomic mass of an element expressed in grams is the mass of a mole of the element the mass of a mole of an element is the molar mass to calculate the molar mass of a compound

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