# Biometric Data Files & Testing Overview

**Day Before Testing**

- Hexoskin is put on 11 PM. (Session folders; Part 1 Hexoskin data)
- Cognitive testing (IR1, DR1, Stroop 1 in Cognition file)

**Day of Testing**

- Hexoskin is worn from waking, through the night, to waking again. (Session folders; Part 2 Hexoskin data).
- Cognitive testing (IR2-4, DR2-4, Stroop 2-4 in Cognition file).

**Day After Testing**

- Hexoskin is worn from waking until 11 PM. (Session folders; Part 3 Hexoskin data).
- Cognitive testing (IR5, DR5, Stroop 5 in Cognition file).

- One "Session" folder refers to all the steps above a total testing period of 48 hours.

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