

## Open Access Sleep Data Sets

### Data from the National Sleep Research Resource

<https://sleepdata.org/datasets>

The National Sleep Research Resource (NSRR) provides several open access sleep data sets including physiological recordings in addition to other clinical data. They provide some tools to begin exploring the data directly on their website, but you can also download data and work with it on your own. (Downloads require you to sign-up with their website and provide an email address.)

Some of the data they provide comes as a CSV file which can easily be read into Python (using the CSV Module: <https://docs.python.org/2/library/csv.html> ). Most of the physiological signals, however, are provided in a format called EDF (European Data Format). If you search the Internet, you will find downloadable EDF readers for Python.

Working with these data sets will require some additional effort on your part because you will need to become familiar with the dataset and EDF format before you can begin your exploration. However, you will be able to apply the EEG processing techniques you learned in the course.