**Psychomotor Vigilance Task Instructions**

Thank you again for your contribution to the current research

The goal of this task is to respond as quickly as possible when a red dot appears on the screen. There are 85 dot presentations in total and this task should take approximately 10 minutes to complete.

**Task protocol**

After a 5 second countdown, a white fixation cross will appear in the centre of the screen. Please **focus on this cross** for the duration of the task. The countdown will not appear again.

A picture containing chart

Description automatically generatedWhilst you are focusing on the cross a red dot will appear in the centre of the screen. You will have a very short time to press the ‘spacebar’ with your **dominant hand** once the red dot comes up. If you are fast enough, the dot will turn white indicating that you responded quickly enough. A fixation cross will then appear once again, and the process will repeat. See diagram below:

Try to be as **quick as possible** and press the spacebar for **all** red dots

There is one continuous block with 85 dot presentations. Sometimes there will be a long break between dots and sometimes a string of dots will be presented close together, so try and maintain your attention throughout the whole task.

**If you have any questions, please ask the experimenter now**