

Hi there,

this is a reminder for your nap experiment tomorrow at the sleep lab 92/E12-13 (Campus Westerberg/behind Frosch).

There's a few things to remember for tomorrow:

1. Wash your hair today or tomorrow so that attaching the electrodes is possible. If you choose to wash your hair on the day of the experiment, please make sure that it is entirely dry when we start the experiment.
2. Don't use any hair products other than shampoo because it might impact the EEG.
3. If you have a beard around the chin (especially under the chin), please shave it. We need to attach EMG electrodes there and a beard would be in the way.
4. Do not consume any drugs today or tomorrow.
5. Do not consume any caffeinated drinks (e.g. coffee, cola, tea) tomorrow.
6. Sleep 1,5 hours less than usual tonight.
7. Wear comfortable clothes during the experiment so you can have a nice nap.
8. If you want, feel free to bring a stuffed animal or pillow (there will be one in the bed, it's up to you if you want to bring another one)
9. Bring your VP-hour sheet.

If you experience any COVID-symptoms (or feel sick because of something else) please do not come to the experiment. Please notify us in case you're not coming.

If you have any further questions feel free to ask us :)

Best,

Kyra (she/her) & Jona (they/them)