

## Sleepscoring Instructions

To sleepscore a recording, we need to have a few basic things:

1. A machine with the visbrain ‘sleepscore’ program installed, per instructions [here](#).
2. A recording that needs scoring, which typically includes EEG + EMG data, and often LFP data.
3. A config file which points to the recording to be scored, and specifies all relevant information.

### Basic Steps for Scoring

1. Open a terminal, and activate the sleepscoring environment:

```
conda activate sleepscore
```

2. Navigate to the config file you want to score, and copy its path.
3. Then, from the terminal with your sleepscore environment activated, enter:

```
python -m sleepscore <path-to-config-file>
```

### Using the Sleepscore Program

A few basic parameters to get started:

- A good starting point for window settings:
  - window size = 24 sec.
  - step size = 24 sec.
  - scoring window = 4 sec.
- Set the amplitudes on all channels
- Set the spectrogram to an EEG channel (parietal is best)
- Set Rule to seconds
- Save the gui config so you don’t have to do this every time (should only need to save 1 gui-config per subject)
  - file -> save -> GUI config

## Naming Conventions

There are a few important naming conventions for saving the config files and hypnograms

### Config Files:

```
SUBJECT_sleepscore-config_recording-chunk
```

### Hypnograms:

```
hypno_recording_chunk
```