1. necessary packages: This program uses several Python packages: pandas, pygame, and openpyxl.

pip install pandas pip install pygame pip install openpyxl

1. This program expects to find an Excel file named sounds.xlsx in the same directory as the script. This file should contain a column named "Sound File" with the file paths to the sound files you want to use. Make sure the sound files are also in a location the script can access.
2. Run the script: Open your terminal and navigate to the directory where you saved your script using the cd command. For example, if you saved your script on the Desktop, you would type cd Desktop. Once you're in the correct directory, you can run the script by typing python n\_back\_task.py