

# Checklist Session 1 (wake)

## Preparation

- Info sheet & consent form (ENG / DE)
- Participant profile with study ID in polaris
  - Name: study ID
  - Surname: GammaSleep
- 8 electrodes, alcohol / abrasive gel / paste, cotton / patches, pen / caps / measuring band

## Inclusion in the study

- Pick up participant from Trogerstr. 32, take to room 1
- Go through study procedure, answer any questions
  - Note: video stream will be checked periodically during night to make sure all is ok, not stored
- Confirm exclusion criteria:
  - Epilepsy, Migraine
  - Psychiatric Symptoms
  - Sleep disturbances
  - Substance use
- Ishihara Test
  - 13+: normal
  - 9-: deficient

<b>Plate</b>	<b>Normal Person</b>	<b>Person with Red-Green Deficiencies</b>	<b>Person with Total Color Blindness and Weakness</b>
<b>1</b>	<b>12</b>	<b>12</b>	<b>12</b>
<b>2</b>	<b>8</b>	<b>3</b>	<b>X</b>
<b>3</b>	<b>29</b>	<b>70</b>	<b>X</b>
<b>4</b>	<b>5</b>	<b>2</b>	<b>X</b>
<b>5</b>	<b>3</b>	<b>5</b>	<b>X</b>
<b>6</b>	<b>15</b>	<b>17</b>	<b>X</b>
<b>7</b>	<b>74</b>	<b>21</b>	<b>X</b>
<b>8</b>	<b>6</b>	<b>X</b>	<b>X</b>
<b>9</b>	<b>45</b>	<b>X</b>	<b>X</b>
<b>10</b>	<b>5</b>	<b>X</b>	<b>X</b>
<b>11</b>	<b>7</b>	<b>X</b>	<b>X</b>
<b>12</b>	<b>16</b>	<b>X</b>	<b>X</b>
<b>13</b>	<b>73</b>	<b>X</b>	<b>X</b>
<b>14</b>	<b>X</b>	<b>5</b>	<b>X</b>
<b>15</b>	<b>X</b>	<b>45</b>	<b>X</b>

- Consent → give info sheet, paper or digital

## EEG setup

- Locations:
  - put on cap M / L, adjust with measuring band
  - mark PO3, POz, PO4, O1, Oz, O2
  - take cap off
- Electrodes:
  - clean spots with alcohol & abrasive gel, then apply gold cup electrode with paste & patch
  - GND, C3, C4 at forehead; A1, A2
  - connect wires to correct positions in head box:
    - GND → Z
    - same: O1, O2, C3, C4, A1, A2

- PO3, PO4, POz → P3, P4, Pz
- Oz → Cz
- tape electrode wires together to t-shirt

## **EEG recording**

- Put mask on, connect to box
- Instruction: sit comfortably, relax, eyes closed & centred
- Start recording, wait for calibration to end, then start stimulation
- After 5 min: announce half-time, reminder to look ahead
- After 10 min: pause recording, lift mask, a few min break
- Restart → announcement after 5 min → terminate & save recording after 10 min

## **End**

- Remove setup
- Schedule weekend
  - Point to requirements in days before assessments, give info sheet
- Any questions? → Thank & terminate session