

Gamma-Sleep: Checklist

Session 3 (sleep)

Preparation

- Participant arrives, is led to same lab room as night before
—> *note time of arrival in lab book*
- Dim the room lights
- Give time to complete usual sleep routine, ask to let us know when they're ready

EEG setup

[SAME AS IN NIGHT 1]



Ask participant: anything else needed (toilet, water...)? If so, please do it now

Recording start

- When participant is ready, lead them to bed
- Attach mask to Neurofax, quick check if working → put on
- Turn lights out → mark in Polaris

Overnight

[SAME AS IN NIGHT 1]

- As soon as EEG is scored as anything but W or N1 for 4 consecutive epochs (2 min) → start stimulation fade-in
- If PSG shows movement / wakefulness, open video stream → if indeed W (not just microarousal), fade out, then fade in again when back to deeper sleep (anything but W or N1)
- If participant must be awakened to adjust electrodes / mask during stimulation: fade out

Morning

[SAME AS IN NIGHT 1]

- after Sleep Quality Scale, thank for participation & terminate experiment
- participant payment form