

Gamma-Sleep: Checklist

Session 1 (wake)

Preparation

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

Inclusion in the study

- Pick up participant from entrance, 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

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

- Consent → give info sheet, paper or digital

EEG setup

- Locations:
 - put on cap M / L, adjust with measuring band
 - mark Cz, PO3, POz, PO4, O1, Oz, O2
 - if marks are difficult to perceive (e.g., due to darker skin): measure distances in cm
 - take cap off
- Electrodes:
 - clean spots with alcohol & abrasive gel, then apply gold cup electrode with paste & patch
 - ground at forehead
 - connect wires to correct positions in head box:
 - GND → Z
 - same: Cz, O1, O2
 - PO3, PO4, POz → P3, P4, Pz

- Oz → Fz
- 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, see info sheet
- Any questions? → Thank & terminate session