

Gamma-Sleep Study – Reminder

Dear participant,

Please don't forget:

- In the **7 days before** your first night at the sleep lab → keep a constant sleep-wake schedule; take no drugs (incl. cannabis and nicotine).
E.g., if you usually go to bed between 22:00 and 23:00 and get up between 07:00 and 08:00, please stick to these times.

Start: _____

- Additionally: In the **3 days before** the first night and on the **2 days of** the measurements → drink no alcohol and max. only your usual amount of caffeine. If you usually nap, don't sleep longer than usual during the day, otherwise don't nap at all.
E.g., if you drink e.g., 1-2 cups of coffee a day, stick to these amounts.

Start: _____

- Come to the lab for the 2 study nights. Meeting point: In front of Trogerstr. 32, 81675 Munich

Night 1: _____ (*here, the urine drug test is performed*)

Night 2: _____

For the 2 nights at the sleep lab, you can bring the following:

- What you need for your sleep routine (pyjama, toothbrush...)
- Your own pillow
- A hair tie / headwear (since you'll be leaving the lab with some paste in your hair)

If you have any questions, feel free to call me: 004917630192306

Thanks & see you soon! 😊

Laura