# Gamma-Sleep: Checklist Session 3 (sleep, experimental)

## 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

- Attach mask to Neurofax, quick check if working → put on

- When participant is ready, lead them to bed, turn lights off
  —> *When fully ready, start recording*

## 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]*

- REDCap app: same except for

  - My projects —> gamma_sleep —> Collect data —> *GSQS_exp*

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

- participant payment form