

Pilots Checklist: Wake (Jan_23)

- Short explanation / questions; consent form
- Phones on airplane mode
- Dim lights, only enough to set up
- EEG prep
 - cap M or L
 - positions in order: L-H-EOG, R-V-EOG, TP10, O1, O2, POz, M-EOG, EOG-PD
 - cover eyes with mask during prep
 - impedance check, below 15
 - 1000 Hz
- if possible, keep mask on at all times
- ok to open eyes and talk between recordings; during recordings, keep closed
- sit comfortably, relax face muscles

Conditions in order:

- 3-5 min break between conditions; record on laptop, CSV
- Eyes open

—> download and check SSVEPs; if nothing visible, abort

- Eyes centred (closed from this condition on)
- Eye positions
 - chinrest

P1	Left	Up	Right	Down
P2	Right	Down	Left	Up
P3	Up	Left	Down	Right
P4	Down	Right	Up	Left

- On-Off
 - change arduino code, revert after recording

- Eye movements
 - chinrest
 - metronome (slow = 30 bpm; fast = 60 bpm) → before every condition & once halfway (announce before)

P1	Hor slow	Ver fast	Hor fast	Ver slow
P2	Hor fast	Ver slow	Hor slow	Ver fast
P3	Ver slow	Hor fast	Ver fast	Hor slow
P4	Ver fast	Hor slow	Ver slow	Hor fast

- Blackout
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- take off EEG; ask for feedback