Prior to experiment

- Have participant sign informed consent and fill in questionnaire
- Explain as needed
- Add participant data to spreadsheet (name, age, handedness, gender)

Before the session

- Check if EEG and Arduino battery are full, then turn them off
- Check if electrodes & cap are clean, prepare them
- Check for integrity of electrodes & mask
- Connect electrodes to mask with EEG paste (ch 7 = EOG; ch 8 = photodiode)
- Bring:
    - Disinfectant
    - EEG gel & abrasive gel
    - Tape
    - Cotton pads
    - Blackout cloth, clips
    - Cleaning material

In the evening

- Put EEG cap on; clean all spots with abrasive gel (especially mastoids), then fill EEG gel
- Gently clean EOG spot (lower outer corner of the left eye), apply EEG gel to electrode and tape, with wire facing upward
- Check impedances and correct until scalp electrodes at approx. <10 kOhm, take a screenshot
- Visualize signal: alpha, triggers
- Turn device off until participant is ready to go to bed
- Format memory
- Set sampling rate to 1000 Hz
- Disconnect Bluetooth, remove PC from room
- Note date, experiment start time

In the morning

- Note participant wake-up and mask take-off times
- Ask participant if all is ok and if they have any remarks
- Give SQS questionnaire; meanwhile, back-up data
- Clean EEG cap and mask: remove gel, disinfect
- Add SQS result to participant data sheet