

Checklist Session 2 (sleep, control)

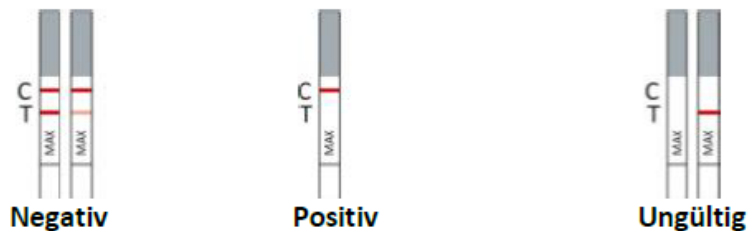
Preparation

- Participant arrives, is led to one of the lab rooms
—> *note room number & time of arrival in lab book*
- Urine test:
 - Give participant a new container, show the way to the toilet, ask for a urine probe
 - (If not possible, take test after setup)
 - Conduct test, evaluate after 5 min

—> *if invalid: repeat*

—> *if 1 or more tests are positive: ask participant & if in doubt, repeat*

—> *if final result is positive for any test: send participant home, reschedule*



- Dim the room lights
- Give time to complete usual sleep routine, ask to let us know when they're ready

EEG setup

- Locations:
 - put on cap M / L, adjust with measuring band
 - mark PO3, POz, PO4, O1, Oz, O2, C3, C4
 - use shiny marker in case of dark skin

- mark larger area, check w/ cotton swab if marker there
- take cap off
- Electrodes:
 - all: clean spots with alcohol & abrasive gel before applying the electrode
 - for gold cup electrodes: apply paste to electrode (~1 pea); press onto scalp with patch, cover with sticker
- connect wires to correct positions in head box

Real electrode position	Connect to headbox	Electrode type
Fpz	Z (ground)	Snap button
Left chin EMG	T1	Snap button
Right chin EMG	T2	Snap button
Left, lower EOG	PG1	Gold cup
Right, upper EOG	PG2	Gold cup
Left mastoid	A1	Gold cup
Right mastoid	A2	Gold cup
O1	O1	Gold cup
O2	O2	Gold cup
Oz	Cz	Gold cup
PO3	P3	Gold cup
PO4	P4	Gold cup
POz	Pz	Gold cup
C3	C3	Gold cup
C4	C4	Gold cup

- Open participant profile in Polaris, start calibration
 - visual check with notch on: any noisy channels?
 - impedance check: EEG channels below 15 kOhm?



Ask participant: anything else needed (toilet, water...)? If so, please do it now

- Put mask on (not attached)

Recording start

- *When ready, start recording*
- While sitting on bed: 10 min recording during wake
 - announce half-time after 5 min, prevent from falling asleep
- After 10 min: tell participant to lay down (briefly lift mask)

Overnight

- If the participant wakes up and needs to get up, remove the sleep mask and unplug the head box —> *when they are ready to go back to sleep, put sleep mask back on & plug the head box in again!*
- Every ~15 min, check the PSG output. (For red channels, change y-axis with click on channel name). Only wake participant up if:
 - Both sides of an electrode pair are loose (e.g., F3 AND F4, or left AND right EOG) → redo both channels. If for example F3 is noisy but F4 is ok, don't do anything.
 - More than 3 channels in the occipital area (red) are loose → redo those channels. If only up to 3 are noisy, don't do anything.
 - They have removed the sleep mask, possibly unconsciously → put it back on.
- If the participant is taking a long time to fall asleep, or if they wake up during the night and stay awake for a longer period, that is ok.
- Exception: if they ask to abort the experiment (e.g., because they cannot sleep), *call Laura*.
 - *Laura*: Before terminating, ask them if they would like to give it another chance, and remind them that if they choose to terminate a) we won't be able to use their data; b) they will not receive any payment.

- If they confirm, remove everything and let them leave.
—> *note time and reason for termination in lab book*



If anything happens during the night that could be relevant for the study, even if it may seem minor, please note it in the lab book.

Morning

- If participant wakes up early and wants to get up, remove setup
—> *stop recording; note time in lab book*
- Else, wake participant up after 8 hours, remove setup
—> *stop recording*
- Let participant complete their morning routine (toilet etc), then give them the Sleep Quality Scale
 - REDCap app: login with user 'gamma-sleep' and password 072023
 - My projects —> gamma_sleep —> Collect data —> GSQS_con
 - Select record number of current participant
 - Let participant fill out the survey —> save & exit form
- Confirm with them that they will return to the lab at the end of the day (same time as last evening), then they may leave