

# Gamma-Sleep: Checklist Wake (0)

## Preparation

- Info sheet & consent form (ENG / DE)
- Participant profile with study ID in polaris
- 8 electrodes, alcohol / abrasive gel / paste, cotton / patches, pen / caps / measuring band

## Inclusion in the study

- Pick up participant from entrance, take to room 1
- Go through study procedure, answer any questions
  - Note: video stream will be checked periodically during night to make sure all is ok, not stored
- Confirm exclusion criteria:
  - Epilepsy, Migraine
  - Psychiatric Symptoms
  - Sleep disturbances
  - Substance use
- Ishihara Test
- Consent → give info sheet, paper or digital

## EEG setup

- Locations:
  - put on cap M / L, adjust with measuring band
  - mark Cz, PO3, POz, PO4, O1, Oz, O2
  - if marks are difficult to perceive (e.g., due to darker skin): measure distances in cm
  - take cap off

- Electrodes:
  - clean spots with alcohol & abrasive gel, then apply gold cup electrode with paste & patch
  - ground at forehead
  - connect wires to correct positions in head box:
    - GND → Z
    - same: Cz, O1, O2
    - PO3, PO4, POz → P3, P4, Pz
    - Oz → Fz
  - tape electrode wires together to t-shirt

## EEG recording

- Put mask on, connect to box
- Instruction: sit comfortably, relax, eyes closed & centred
- Start recording, wait for calibration to end, then start stimulation
- After 5 min: announce half-time, reminder to look ahead
- After 10 min: pause recording, lift mask, a few min break
- Restart → announcement after 5 min → terminate & save recording after 10 min

## End

- Remove setup
- Schedule weekend
  - Point to requirements in days before assessments, see info sheet
- Any questions? → Thank & terminate session