# Defining REM/NREM Periods

## Example

NREMp1 = 1st NREM period

REMp1= 1st REM period

NREMp2 = 2nd NREM period

# 1. Define NREM period (NREMp)

* Starts with the first epoch of Stage 2, 3, or 4 (indicated in txt file as either "Stage 2, Stage 3, or Stage 4" or "NREM2, NREM3, or NREM4")
* Ends with the epoch preceding the first epoch of REM (indicated in txt file as "REM") **or** the last period of wake (indicated in the txt files as "Wake") of a continuous bout of at least 5 minutes of REM (no duration criteria for the first and last REM periods) or Wake (only the last bout of wake in the end of the recording; in the end, there should be no "wake" period cutting the NREM in the middle )
* At least 15min duration

# 2. Define REM period (REMp)

* Time intervals between two consecutive NREM period**or**the time interval between the last NREM period and the final awakening (indicated in the text file as continuous "Wake" epochs until the end of the recording).
* At least 5 min duration but no minimum duration for the first and last REM episode.

      (Thus **occasional stage 1 epochs**between REMS and stage 2 are included in the REM episode)

Controls:

Participant: RET\_0062

Start Epoch: 324

End Epoch: 436

Start Epoch: 463

End Epoch: 611

Start Epoch: 632

End Epoch: 721

Start Epoch: 877

End Epoch: 992

Start Epoch: 1016

End Epoch: 1065

Participant: RET\_0087

Start Epoch: 160

End Epoch: 453

Start Epoch: 476

End Epoch: 588

Start Epoch: 661

End Epoch: 795

Start Epoch: 861

End Epoch: 931

Participant: RET\_1505

Start Epoch: 49

End Epoch: 240

Start Epoch: 458

End Epoch: 522

Start Epoch: 553

End Epoch: 645

Start Epoch: 672

End Epoch: 790

Start Epoch: 819

End Epoch: 900

Depression:

Participant: RET\_0002

Start Epoch: 73

End Epoch: 422

Start Epoch: 434

End Epoch: 584

Start Epoch: 644

End Epoch: 775

Start Epoch: 843

End Epoch: 900

Participant: RET\_0199

Start Epoch: 105

End Epoch: 135

Start Epoch: 149

End Epoch: 338

Start Epoch: 393

End Epoch: 547

Start Epoch: 615

End Epoch: 734

Start Epoch: 919

End Epoch: 993

Participant: RET\_0412

Start Epoch: 128

End Epoch: 719