

this procedure requires the application of conductive pastes and medical tape to my skin.

4. I agree to complete a number of behavioural learning tasks over a period of about 45 minutes, which will include:

- study paired associates (list of two nouns presented as pairs, e.g., “milk streetcar”)
- visual-motor skill (subjects play a game where they navigate a marble through a wooden maze)

5. Next, I will enter a secure, quiet lab room (adjacent to the main lab room, where the investigators will be present throughout the entire duration of the experiment) by myself, where I will either watch a movie, nap, meditate, or do yoga. EEG, EMG, and EOC activity are monitored during this time period (45 - 60 minutes; all personal belongings can be brought with me into the room during this period).

6. Subsequently, I will return to the main lab and all electrodes are removed. I will again complete the *Epworth Sleepiness Scale* to assess if the different activities changed my level sleepiness.

7. Finally, I will be tested on the same tasks again to assess memory for the information learned during earlier task exposure.

8. I will be given the choice of receiving an immediate payment of \$25, or being entered into a draw for a \$250 gift card (Tim Horton’s; Starbuck’s). Participants recruited from the Departmental Subject Pool will receive credit toward PSYC 100 and an immediate payment of \$10, consistent with Departmental policies; they are offered the choice of payment or entry into the draw.

Withdrawal for Study: I understand that I may withdraw from the study at any time during the two visits to the laboratory, or refuse to participate in specific aspects of the study without explanation and without incurring a penalty. If I decide to withdraw, all data collected up to this time point will be immediately destroyed unless I give permission that the experimenter keep my partial data on file for further analysis and possible inclusion (in aggregate form) in future publications resulting from the research.

Potential risks of participation: Physical risk: some participants may experience skin irritation by the medical tape or conductive paste required to attach the electrodes to the skin, even though such reactions are extremely rare. Immediately inform the experimenter if you experience discomfort or irritation of the skin; the experimenter will immediately remove all electrodes and clean the affected skin area with warm, soapy water (this is also performed at the end of all recording procedures).