



## Initial interview

Familiarize participants with the environment  
Sign the consent and other forms

## Experiment Day

Filling out the FMI, ESS  
Memory tasks  
Applying EEG,EOG,EMG electrodes

## Nap/Meditate/Wake

Brain activities recorded by researcher for 60 minutes

## After 60 minutes

Detaching the electrodes  
Filling out the ESS and other self-reports  
Memory tasks

## End of experiment

Debriefing  
Monetary compensation

Total time: 3 hrs