**Verbal debriefing**

On the last day of the experiment (after the final investigation night) a meeting will be planned where the participant returns the materials that are used for the experiment. During this meeting we will debrief participants about the setup and goals of the experiment. First of all, we will give them general information about closed loop acoustic stimulation. We will then tell them about the different stimulation conditions, and what these conditions entail. Thirdly, we will give them a rundown of the rights that are also discussed in the compliance forms. Finally, we will ask them about their experience participating in the study and whether they have any concluding questions or remarks. Before departing participants will be provided with a sleep report containing an overview of how they slept for each investigation night.