**Detailed description of the proposed changes:**

Main changes:

We simplified the study due to the COVID pandemic will have a duration of 1 day instead of 2. Everything will be conducted virtually. There are 2 other small changes: the breathing task has been extended from 5 to 10 minutes and we also updated some of the questions related to the breathing task.

Minor changes: We also eliminated the memorisation and sleep sections from the study

Therefore we updated the following documents:

Relevant Materials: Updated the e-mail we will send to the subjects and questionnaire, Consent form and Standard Form

**Reason for this change:**

We wished to also focus on synchronisation of inhalation and exhalation with the scent release thus give more focus to the breathing aspect of the study.

**Potential risks and benefits to the subjects:**

The risks and benefits will be the same.