Participants will receive the devices (Essence and Physiological devices including Empatica E4 wristband, Muse S headband and/or smartphone) in their residence and might include a return shipping label. The devices may be used by multiple users in the same household.

**Sanitation:**

We will be sanitising all the devices using disinfecting wipes (containing alcohol) before shipping the devices and after receiving them. We would also provide a set of wipes along with the devices for the users to clean before and after using them i.e. during the study.

**Instructions for the users:**

**Step 1:** Remove all the devices from the package.

**Step 2:** Find the disinfectant wipes along with the package and clean all the devices using the wipes.

**Step 3:** Now, dispose the wipes and wash hands before starting the study.

Follow step 2 and 3 after the study as well.