

## **Instructions for running memory consolidation task**

### **Prepare for task – evening task**

- Open words/randomize\_words.R
  - Change participant and list at top
  - Run script
  - Print out – night\_recall\_list?sub?.csv and morning\_recall\_list?sub?.csv
- Print out math sheets

### **Evening: Sleep-dependent memory consolidation task**

- open memory\_consolidation\_night with PsychoPy (memory\_consolidation\_night.psyexp)
  - type the list number and the subject number
  - The participant responses are recorded but as a backup on printed sheet write what participants said

### **Sleep-dependent memory consolidation task**

- open memory\_consolidation\_morning with PsychoPy (memory\_consolidation\_morning.psyexp)
  - Make sure to type the list number and the subject number the same way you did at night