**Section 8.3**

**Participant information**

Using your smartphone, please load the following YouTube clip each night before bed.

https://www.youtube.com/watch?v=3\_almgQbCkI

**Night:**

Every muscle in your body generates activity. In this experiment, we will be focusing on the activity generated by your eyes. Blinking quickly will generate more activity, which will result in lower levels of drowsiness. Relaxing your eye movements will produce slower eye closure which may increase drowsiness. Your task is to make the eye closure and blinking as slow as possible, whilst keeping in time with the audio tone. We are looking at eye movements because we believe that the relaxation of muscles are a good indicator of relaxation in the entire body. You should use whatever method works best for you in trying to slow your eyelid closure.

**Morning:**

Please complete the attached daily log for 10 days. Instructions on how to complete this log are attached.

**10th day:**

Please log back into Qualtrics to complete the final questionnaire and receive your $10 gift voucher.