

## Participant instructions for the Aura EEG recorders

The recording equipment for this sleep study may be a bit overwhelming. We have tried to address the most common questions below. If something else arises that you think needs immediate attention, please call **Zoey (658)-318-9870, Alejandro (661)-709-4084, or Ian 707-678-9770. During the day you can reach us at 530-752-7216.**

1. How do I turn off the recorder in the morning?  
The Aura's on button is a circle with a dot in the middle. The off button has the dot outside the circle. To turn off the recorder hold down the off button for about 15 seconds until the green power light start flashing rapidly. The recorder will spend a minute or so writing data to the flash card and then turn off.
2. On the weekend mornings, do I still turn off the recorder?  
Yes, and you can unplug the electrode connector from the recorder, but **DO NOT** remove your electrodes before coming to the lab.
3. How do I unplug the electrode connector?  
You have to pull the Aura out of the green pouch a little ways and then reach around the back of the connector to push the release button. Then wiggle the connector a little as you pull.
4. What do I do if an electrode falls off?  
We applied a lot of electrodes. If one falls off we have backups. If one of the taped on electrodes falls off, you may try to tape it back in place. The electrodes behind the ears are especially important. Please try to tape them back on if they fall off. If one of the glued on electrodes falls off, don't bother.
5. What do all the flashing lights mean?  
When the recorder is recording data the green light flashes about once per second. When the batteries are working, the yellow lights should be flash in an ascending series. If no lights are flashing, your recorder is not working; please call us.
6. Can my child unplug the electrode connector when he/she gets up to go to the bathroom?  
No, please leave the connector in place from the time your child goes to bed until he/she gets up the next morning.
7. If my child wakes up at night to use the bathroom should she/he turn off the recorder?  
No, after we leave, please do not turn off the recorder until morning after your child awakens.
8. So, when do I turn off the recorder?  
Only in the morning after you wake up.
9. I've applied the electrode glue remover, but the gauze patch won't come off.  
Let the remover soak into the patch for a little bit. Move on to the next patch, and come back to the tough one later. Remember to wet the underlying hair with remover after you remove the patch.
10. My child has taken a shower to wash out the glue remover, but there are still glue flakes stuck in the hair. How can I get these out?  
A fine comb works nicely. Do not let your child pick on any glue that might be stuck to the scalp. If there is glue still stuck to the scalp, either remove it with additional glue remover or wait a few days. It will eventually come off while you shampoo. If you need extra glue remover, please call us.
11. When you left my house, you took the glue remover by mistake. What do I do?  
I hope we don't ever make this mistake. If we do, call us at any hour, and we will bring you glue remover