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Participants needed for **nap study!**

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Memory and Sleep

This study aims to gain a better understanding of how information becomes stabilised in the brain during sleep. In this study we use Magnetic-resonance imaging (MRI), Transcranial Current Stimulation (TCS) and Electroencephalography (EEG) to study how the brain processes information when we sleep.

Eligible participants will be invited to **nap (2 visits, each 9am - 5pm)** at the sleep lab located at the Oxford Centre for Human Brain Activity (OHBA).

During their visits, participants will be asked to complete a short task in the afternoon, before having Transcranial Current Stimulation applied. After stimulation, they will nap at the lab. Participants be asked to complete another task after waking up and will have brain-scans taken before and after sleeping.

You will be **reimbursed for your time** in the form of cash or credits (for RPS students).

We are recruiting healthy adult participants (aged 18-40) who have a regular nocturnal sleep duration of 6-9 hours. You will be asked questions about your medical history to check your suitability for an MRI scan.

You are unfortunately not eligible to participate if you:

- Self-reported inability to nap in the day
- Play a keyboard instrument (piano or keyboard)
- Are pregnant
- Are Left-handed
- Have a history of neurological, psychiatric or sleep disorders
- Take sleep modifying medications
- Have unstable medical conditions, or any illness that may increase the risk of stimulation, for example, neurological diseases such as epilepsy or acute eczema under the electrodes

Please email Jude Thom (jude.thom@linacre.ox.ac.uk) if you have any questions about the study or are interested in participating.