

## PVT Administration Instructions:

“This test measures how alert you are to flashing stimuli.”

1. First indicate how (sleepy) you feel RIGHT NOW by using the LEFT button to move the cursor closer to the “NO” or “YES”. Press the RIGHT button to register your choice.
2. During the test, as soon as you see the red numbers in the top window PRESS and RELEASE the RIGHT button (if right handed)/ or LEFT button (if Left handed) using your dominant hand. You may use your thumb or finger, but use the SAME TECHNIQUE for all the tests once you have decided.
3. The numbers in the display show how fast you respond each time – the smaller the number, the better you did. Try to do your best and get the lowest number you possibly can.
4. If you press too early, you will see an “FS”. If you press with the wrong button, then you will see an “ERR”. If you forget to release the button, after a short time the screen will remind you. The trial will continue after a few seconds.
5. When the test is complete, the “SLEEPY” mood scale will be presented again. Move the cursor with the left button and select with the right.
6. The test will take 10 min to complete. When done, DO NOT repeat the test and DO NOT turn off the machine. Please notify me when you are done with the second “SLEEPY” mood scale.

Techs: Please give an informal demo to each subject before the real trial. (Use right button) After a few reactions to the stimuli, you can turn off the PVT, then select the real trial and sleep question.