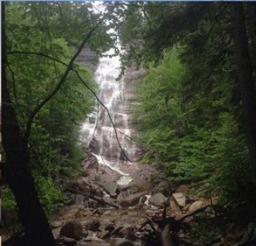
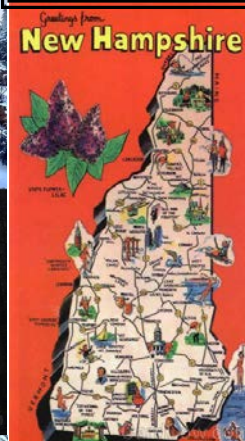


ODOR AND SLEEP

Becka Lee

ABOUT ME:



ODOR AND SLEEP

- Topic: Sleep study to test the effects of odors and their pleasantness on sleep
- Methods: Odor rating, four nights in the lab (habituation, control, good, and bad odor), executive function tests, questionnaires on how the participant thinks they slept
- Equipment: EEG (brain activity), EOG (eye movement), EMG (muscle movement), ECG (heartrate), and a nasal cannula (nose; respiration, and to smell odors)
- Expected Results: Smelling good odors will improve sleep

