

Barcelona 11/11/2011

Dear Editor, please find enclosed the article entitled "**Basic *Caenorhabditis elegans* Methods: Synchronization and Observation**", which we would like to be considered for publication in JoVE (Journal of Visualized Experiments).

As you know *C. elegans* is a key model organism in biological research whose use is still in expansion worldwide. There are two main reasons for this success. First, it is a model contributing with major breakthrough discoveries in diverse biological fields (genetics, aging, RNA, neurobiology). Second, considering the global economical crisis, *C. elegans* is probably the best choice to address fundamental biological questions without investing too much money.

Moreover, *C. elegans* is a common resource for teaching in schools. Thus, essential protocols to manipulate *C. elegans* are going to be useful for both researchers and students.

In this article we explain how to synchronize worms at L1 stage and how prepare animals to be observed under the microscope by Nomarski optic and DAPI staining. These protocols are performed routinely in most labs working with *C. elegans*. Thus, we anticipate that it will be quite helpful for people joining these labs. Moreover, in order to help also experimented researchers, we provide here some tips to optimize these methods.

For all these reasons we hope that you find this article of interest for publication in JoVE at the Basic Protocols channel.

Sincerely

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