* 60333\_screeenshot\_1
  + 1.13 (Configure the data acquisition system to record all signals ± 1,000 mV) 00:00-01:20
  + 1.14 (Obtain EEG and EMG recordings for the duration needed) 01:23-02:20
  + 2.1 (Amplify and digitize unfiltered EEG and EMG signals using data acquisition instrumentation and software) 01:58-02:17
* 60333\_screeenshot\_2
  + 1.15 (Score each 10 s bin of the digital EEG and EMG recordings as wakefulness, rapid eye movement (REM) sleep, or non-REM (NREM) sleep using sleep scoring software) 00:00-00:41
* 60333\_screeenshot\_3
  + 3.3 (Obtain raw, unprocessed EEG data in either EDF or CSV file format and place it in the same location as the compiled program file) 00:20-00:23
  + 3.4 (Download the compiled Multitaper Spectrogram Program) 00:25
  + 3.5 (Launch the spectrogram program and follow the pop-up prompts. Choose file type: \*.CSV or \*.EDF) 00:38
  + 3.6 (Type the entire EEG file name (e.g., 419eeg.edf or 419.eeg.csv)) 00:40-00:49
  + 3.7 (Select parameters for spectrogram calculation: **Default** or **New)** 00:53-03:20
  + 3.8 (Enter titles for both the spectrogram and EEG) 03:20-03:38
  + 3.9 (Save the resulting spectrogram and EEG) 03:43-04:30
* 60333\_screeen shot\_4
  + 3.7 (Select parameters for spectrogram calculation: **Default** or **New)** 00:07-00:13