

## **Before In-person task:**

Please ensure that on the day of your scheduled in-person task to do the following:

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1. Arrive on time. We are running sessions one after the other so it is very important that you arrive on time, otherwise you may affect another participant's session. If you are delayed, we will have to reschedule your in-person task.
2. In the **12 hours before** your task, **DO NOT:**
  - a. Consume any caffeinated drinks (e.g., energy drinks, coffee, tea)
  - b. Consume any alcohol or alcohol-containing food
  - c. Consume any medication
  - d. Smoke (consume any nicotine)
3. In the **1 hour before** your task, **DO NOT:**
  - a. Consume any major meal
4. In the **15 minutes before** your task, **DO NOT:**
  - a. Brush your teeth
  - b. Exercise