

Welcome to Sleep and Pain Laboratory, Department of Psychology!

Sleep study is scheduled on: _____ (Night 1); _____ (Night 2)

Packing Checklist

- A comfortable loose fitting (preferably two-piece) pyjamas
- Clothes (for the morning change)
- Personal toiletries (toothbrush, toothpaste, soap, shower gel, shampoo, conditioner, deodorant, moisturisers, facial wash, washcloth, comb/hairbrush, makeup remover, slippers etc.)
- Pillow (optional, if its help you to be more comfortable)
- Medications (if you will need to take them while you are away from home)
- Reading materials, tablet or a laptop (you will not be able to use these overnight, as they will interfere with your sleep)

Location

- The Sleep and Pain Laboratory is located on the ground floor of the Department of Psychology-Extension. The Extension is just across the road from the University Sport Centre (building 61). Using the printable campus map, Psychology is building 51 on the map.
- Entrance to the lab is through the glass door facing the University Road. Once you enter, you will see a door on your left, which gives access to a Psychology Laboratories area. The Sleep and Pain Laboratory is the second door on the right. The control room is H0.102 and the sleep study room is H0.103.



- If you are travelling by car, the closest car parks are **Car Park 7, Car Park 8 and Car Park 8a**. With advance notice, **blue badge holders** can park at the **disabled bay just outside the lab**.
- If you are travelling by bus, using the printable campus map, the closest bus stop is marked by **B** on the University Road (opposite building 24).