**Supplementary**

**A schedule of a typical day preceding polysomnography**

|  |  |
| --- | --- |
| 08.00 –  | Lights on |
| 08.05 – | Saliva collection |
| 08.15 –  | Medical check-up |
| 09.00 –  | Blood collection |
| 09.15 –  | Completing a psychological questionnaire |
| 09.30 –  | Hygienic procedures |
| 09.45 –  | Breakfast  |
| 10.30 –  | The task on visual-manual tracking and visual-vestibular function |
| 11.15 –  | The study of Auditory evoked potentials |
| 12.15–  | Completing a psychological questionnaire |
| 14.00 –  | Lunch  |
| 15.00 –  | The study of voluntary movement accuracy using hand dynamometry |
| 15.30 –  | The task on visual perception |
| 16.30 –  | Medical check-up, measuring body temperature |
| 17.00 – | Time for rest (reading, watching TV) |
| 19.15 –  | Dinner  |
| 21.15 –  | Medical check-up |
| 21.30 –  | lifting out of the bath for 20 min for hygienic procedures |
| 22.30 –  | Preparing for nocturnal polysomnography |
| 23.00 – | Lights out |