**METHODS TO MEASURE CONSCIOUSNESS SUMMARY**

|  |  |  |  |
| --- | --- | --- | --- |
| Research Method | **Description** | **Advantages** | **Limitations** |
| *Physiological measurements, including EEG, EOG and EMG*  |  |  |  |
| *Measurement of speed and accuracy on cognitive tasks*  |  |  |  |
| *Video monitoring*  |  |  |  |
| *Self-reports, including subjective measures such as sleep diaries*  |  |  |  |