**METHODS TO MEASURE CONSCIOUSNESS SUMMARY**

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| 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* |  |  |  |