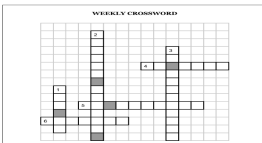
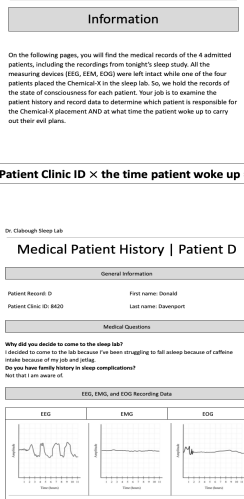






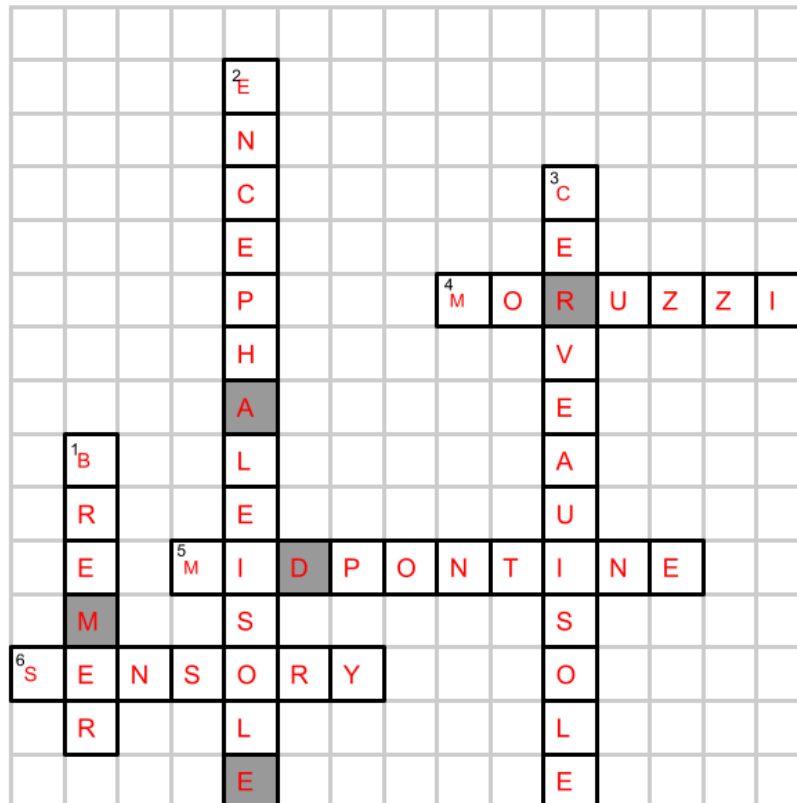
Game Notes	Game Component																	
The following components must be given to the players.	<div>Starting Envelope containing 3 items</div> <div>1. Crossword</div> <div></div> <div><div>DOWN</div><div>1) A researcher who obtained that sleep is a passive process. Spencer</div><div>2) A researcher who obtained that sleep is a passive process. Spencer</div><div>3) A researcher who obtained that sleep is a passive process. Spencer</div><div>4) A researcher who obtained that sleep is a passive process. Spencer</div><div>5) A researcher who obtained that sleep is a passive process. Spencer</div><div>6) A researcher who obtained that sleep is a passive process. Spencer</div><div>7) A researcher who obtained that sleep is a passive process. Spencer</div><div>8) A researcher who obtained that sleep is a passive process. Spencer</div><div>9) A researcher who obtained that sleep is a passive process. Spencer</div><div>10) A researcher who obtained that sleep is a passive process. 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A Pathway card (bloodstream)</div> <div></div>	<div>Psych Sticker (given by instructor prior to the escape room)</div> <div></div> <div>Cabinet A, Cabinet B, Cabinet C, Cabinet D envelopes (sealed)</div>																
Cabinet A components	<div>Grid 1 (first half) & Pathway Card (Melanopsin)</div> <div><table><tr><td>♥</td><td>◻</td><td>✦</td><td>◻</td></tr><tr><td>◻</td><td>✦</td><td>Orexin & histamine</td><td>◻</td></tr><tr><td>◻</td><td>Hypothalamus</td><td>Serotonin</td><td>◻</td></tr><tr><td>Locus Coeruleus</td><td>Raphe Nucleus</td><td>☆</td><td>Norepinephrine</td></tr></table><div>Connect the brain area to its sleep neurotransmitter. Use <u>every</u> space only <u>once</u>. Don't go diagonally.</div><div>Example → </div></div> <div><div>Melanopsin in retina</div><div></div><div>Place this in Cabinet A</div></div>		♥	◻	✦	◻	◻	✦	Orexin & histamine	◻	◻	Hypothalamus	Serotonin	◻	Locus Coeruleus	Raphe Nucleus	☆	Norepinephrine
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<p>Cabinet B components</p>	<p>Shape Conversion Grid & Pathway card (pineal gland)</p> <div data-bbox="483 184 678 436"> <table border="1"> <tr><td>♥</td><td>14</td><td>⬠</td><td>20</td></tr> <tr><td>⬠</td><td>31</td><td>⬠</td><td>94</td></tr> <tr><td>⬠</td><td>41</td><td>+</td><td>13</td></tr> <tr><td>☆</td><td>78</td><td>⬠</td><td>85</td></tr> <tr><td>✦</td><td>21</td><td>⬠</td><td>87</td></tr> </table> <p>place this document inside of Cabinet B</p> </div> <div data-bbox="716 184 954 457"> </div> <div data-bbox="966 241 1360 451"> <p>Pineal gland</p> <p>Place this in Cabinet B</p> </div>	♥	14	⬠	20	⬠	31	⬠	94	⬠	41	+	13	☆	78	⬠	85	✦	21	⬠	87
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<p>Cabinet C components</p>	<p>QR Code for Wire Module & 2x Pathway Cards (SCN, Melatonin)</p> <div data-bbox="487 905 787 1062"> <p>Suprachiasmatic nucleus (SCN)</p> <p>Place this in Cabinet C</p> </div> <div data-bbox="799 905 1101 1062"> <p>Melatonin</p> <p>Place this in Cabinet C</p> </div> <div data-bbox="487 1073 787 1346"> <p>place this document inside of Cabinet C</p> <p>Wire Module</p> </div> <div data-bbox="799 1073 1144 1346"> <p>Scan the QR code to view</p> <p>tinyurl.com/device-x-image</p> </div>																				
<p>Cabinet D components</p>	<p>Wire Defusal Manual</p> <div data-bbox="487 1409 1302 1904"> <p>place this document inside of Cabinet D</p> <p>WIRE DEFUSAL MANUAL</p> <p>USE THE FOLLOWING WIRE DEFUSAL MANUAL CAREFULLY. YOU WILL HAVE ONE CHANCE OF DEACTIVATING THE CHEMICAL-X DEVICE. TO DEACTIVATE IT, YOU WILL NEED TO SCAN THE QR CODE.</p> <p>HINT FOR CUTTING THE WIRES: CUT THE WIRES IN ORDER FROM TOP TO BOTTOM. ONLY CUT THE WIRES ASSOCIATED WITH <u>SLEEP/SLEEP PROMOTING STATES</u>.</p> <p>tinyurl.com/Chemical-X-Device-Defusal</p> </div>																				

CROSSWORD PUZZLE
CODE: DREAM

NOTE: This puzzle is given to players at the beginning. The puzzle opens Cabinet A.

WEEKLY CROSSWORD KEY



DOWN

- 1) A researcher who claimed that sleep is a passive process, dependent on stimulation.
- 2) A transection between brain and spinal cord that paralyzed cats but did not disturb sleep functions.
- 3) A midcollicular cut that resulted in permanently asleep cats.

ACROSS

- 4) A researcher who claimed sleep is an active process.
- 5) A _____ transection , performed by Moruzzi and Magoun, resulted in insomniac cats, proving Bremer wrong.
- 6) When Moruzzi and Magoun lesioned vision, olfaction, somatosensory, and auditory info in cats at the level of the brainstem and yet still preserved sleep/wake cycles, they showed that _____ systems are not very important to sleep regulation

TO SOLVE THE CROSSWORD PUZZLE: Solve the crossword (down represents passive sleep and across represents active sleep). The shaded boxes highlight letters **DREAM**, which is the code. All components necessary to solve the crossword puzzle are given at the start of the escape room.

Code is entered here: <https://tinyurl.com/cabinet-a>

HINTS TO GIVE FOR CROSSWORD PUZZLE

Crossword Puzzle



Word Bank

Adenosine

Midpontine

Brainstem

Moruzzi

Bremer

Plato

Caffeine

Raphenucleus

Cerveauisole

Sensory

Encephaleisole

Serotonin

Magoun

Transcollicular



University of Virginia Sleep Lab Escape Room

If players are struggling, offer this word bank for assistance.

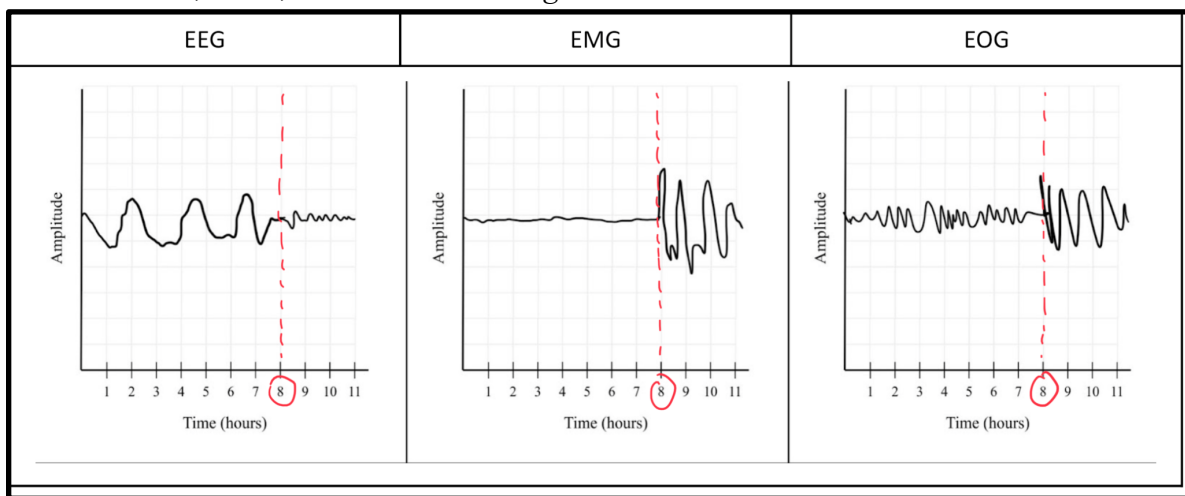
MEDICAL RECORDS
CODE: 53936

NOTE: This puzzle is given to players at the beginning. The puzzle opens Cabinet B.

The objective of the puzzle is to determine which **patient** is responsible for the Chemical-X placement AND at what **time** the patient woke up to carry out their evil plans.

The patient that committed the crime must have been awake when they placed the device. **Patient B is the only patient whose EEG, EMG, and EOG recording data supports this. Patient B woke up and started moving at 8.** All other patients do not have significant EMG activity, which means the device did not pick up muscle movement.

Patient B EEG, EMG, and EOG Recordings



Movement of EEG, EMG, and EOG waves supports the claim that the patient woke up and started moving at 8.

Patient B Clinic ID: 6742

Medical Patient History Patient	
General Information	
Patient Record: B	First name: Boris
Patient Clinic ID: 6742	Last name: Benez
Medical Questions	

Patient Clinic ID × the time patient woke up =

The formula at the beginning of the document states to multiply the patient clinic ID by the time patient woke up. Multiplying **6742** by **8** yields 53936.

Code is entered here: <https://tinyurl.com/cabinet-b>

**GRID
CODE: 1378**

NOTE: To complete this puzzle and unlock Cabinet C, players must've solved the crossword puzzle AND the medical records puzzle, thus opening Cabinet A and Cabinet B.

Connect the brain area to its sleep neurotransmitter.
Use every space only once.
Lines can NOT go through gray squares
Don't go diagonally.

Example →

To solve this puzzle, players must connect the brain area to its associated sleep neurotransmitter.

Locus coeruleus → norepinephrine

Raphe nucleus → serotonin

Hypothalamus → orexin & histamine

The connections happen by connecting the respective brain area and sleep neurotransmitter with a line. Each line will pass through a shape. The shapes that pass between Hypothalamus → orexin/histamine & Raphe Nucleus → serotonin are key for solving the puzzle. The conversion chart can be used to create a 4 digit code out of the shapes that pass between the connections.

place this document inside of Cabinet B

hypothalamus

Orexin & histamine

Raphe Nucleus

Serotonin

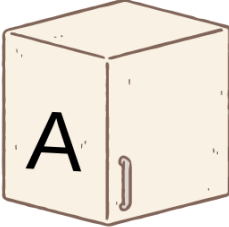
1 3 7 8

The code is 1378. Code is entered here: <https://tinyurl.com/cabinet-c>


HINTS TO GIVE FOR GRID PUZZLE

Sleep Shape

Puzzle Hints



- If you take the selective serotonin reuptake inhibitor (SSRI) Prozac, it will impact the Raphe Nucleus.
- When you take Benadryl, it works on histamine receptors in the hypothalamus and makes you sleepy.








University of Virginia Sleep Lab Escape Room

CARD PATHWAY CODE: ULDRL

NOTE: To complete this puzzle and unlock Cabinet D, players must've collected 5 directional cards by opening Cabinet A, Cabinet B, and Cabinet C.

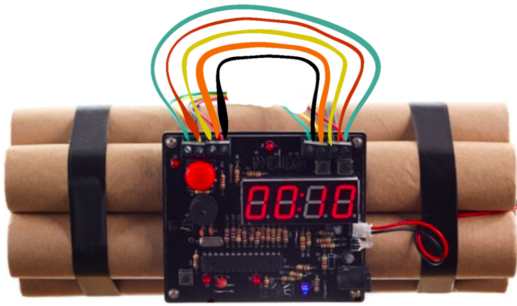
Each card represents a different step related to sleep. Cards must be arranged in correct order (reproduced below). The correct order will show the direction of arrows (UP, LEFT, DOWN, RIGHT, LEFT).

Melanopsin in retina  <small>Place this in Cabinet A</small>	Suprachiasmatic nucleus (SCN)  <small>Place this in Cabinet C</small>	Pineal gland  <small>Place this in Cabinet B</small>	Melatonin  <small>Place this in Cabinet C</small>	Blood stream 
--------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------

This direction yields code **ULDRL**. Code is entered here: <https://tinyurl.com/cabinet-d>

**WIRE DEFUSAL
CODE: GRB**

NOTE: To complete this puzzle and unlock Chemical - X Device Defusal (1), players must have opened Cabinet A, Cabinet B, Cabinet C, and Cabinet D.



The device has five wires: green, red, yellow, orange, black

Green	VLPO region is active
Red	High adenosine concentration
Yellow	Beta waves
Orange	Raphe nucleus is active
Black	Release of melatonin


place this document inside
of Cabinet D

WIRE DEFUSAL MANUAL

USE THE FOLLOWING WIRE DEFUSAL MANUAL CAREFULLY. YOU WILL HAVE ONE CHANCE OF DEACTIVATING THE CHEMICAL-X DEVICE. TO DEACTIVATE IT, YOU WILL NEED TO SCAN THE QR CODE.

HINT FOR CUTTING THE WIRES:
CUT THE WIRES IN ORDER FROM TOP TO BOTTOM. ONLY CUT THE WIRES ASSOCIATED WITH SLEEP/SLEEP PROMOTING STATES.

tinyurl.com/Chemical-X-Device-Diffusal



To solve this puzzle, players need to cut the wires in order from top to bottom AND only cut the wires associated with sleep/sleep promoting states.

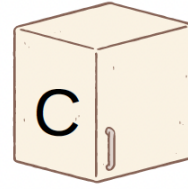
- Green wire will be CUT because VLPO (ventrolateral preoptic nucleus) is responsible for sleep drive circadian “hypnotic” signal.
- Red wire will be CUT because high adenosine concentration is by-product of cyclic AMP which is used to generate energy. As adenosine levels rise, it sends a cue to the body to sleep.
- Yellow wire will NOT be cut because beta waves are associated with alert state.
- Orange wire will NOT be cut because raphe nucleus keeps you awake (it works in balance with VLPO) as it releases serotonin and projects over the brain as a neuromodulator
- Black wire will be CUT because melatonin is secreted by pineal gland. Melatonin goes into blood stream and into cells and acts as a synchronizer to tell them what time it is and to lead to sleep.

The wires lead to cutting of Green, Red, and Black wires, code **GRB**. Code is entered here:

<http://tinyurl.com/Chemical-X-Device-Diffusal>

HINTS TO GIVE FOR WIRE DIFFUSAL

It's Come Down to the Wire...



- When it's bedtime, the VLPO region of the hypothalamus actively inhibits the locus coeruleus, raphe nucleus, & tuberomammillary bodies.
- High adenosine levels are a signal you should be going to sleep, but caffeine works to silence this system.
- Melatonin levels rise at night, allowing the sleeping brain to experience waves other than beta waves.

**SHAKESPEARE
CODE: 1602**

NOTE: NO CONCRETE HINTS SHOULD BE GIVEN ON THIS PUZZLE. To complete this puzzle and unlock Chemical - X Device Diffusal (2), players must've opened Cabinet A, Cabinet B, Cabinet C, Cabinet D, and Chemical - X Device Diffusal (1).


Dear Sleep Researcher,

You thought you were safe!
But not so fast.
Your sleep is still doomed-
Yes, the entire class.

There's one last puzzle
You must decode.
Do it fast before
The bomb explodes.

Find a Shakespeare quote-
There are so many!
But you'll need this one
Don't use just any.

Stick to your task.
Circle back to it.
It's plastered all over.
Just stop to view it.



If you still don't see it,
Slant to one side.
Concentrate hard
And close one eye.

The year my muse wrote
This famous line
Is the key to avoid
Sleep redesign.


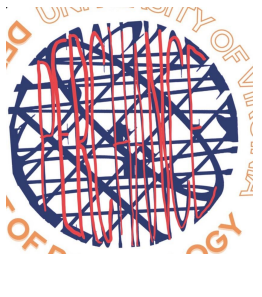

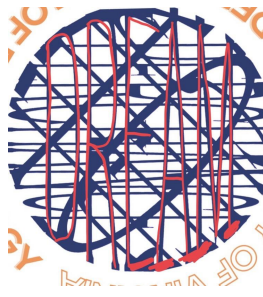
Dreams lead to discovery,
To genius and fame.
But sleep now eludes me,
Which leads to this game.

*Sincerely,
Patient B*

Maybe you should nap while you still can....

To solve this puzzle, players must look at the psychology sticker and refer to the Shakespeare poem for directions.

Rotating the psychology sticker and covering one of your eyes will show 4 words.

			
SLEEP	PERCHANCE	TO	DREAM

“Sleep Perchance To Dream” is a line from Hamlet, written by Shakespeare. The Shakespeare Poem states to find the Shakespeare quote and use the year for when it was written. The year is **1602**.

Code is entered here: <http://tinyurl.com/Chemical-X-Device-Diffusal>

Players have successfully completed the entire escape room if they show this screen:

Chemical - X Device Diffusal

CONGRATULATIONS! You have successfully disarmed the device and unlocked your freedom! While all researchers were scrambling to leave, you got a quick glimpse of patient B make their escape right on time. Will the patient come back for more? Only time will tell...

[Submit another response](#)

