

I. Synchronization of populations of *C. elegans*

A. Via egg lay

1. Allow 10-20 well-fed gravid adult hermaphrodites to lay eggs on a OP50-seeded, 10cm, NGM plate for 1-2 hours and then burn them off, leaving only the laid eggs that are within 1-2 hours of age of each other

B. Via hypochlorite

1. Harvest a mixed stage growth culture containing a significant fraction of gravid hermaphrodites (should be easily >100) by washing plates into a 15 mL conical tube
2. Spin down animals and suck off supernatant
3. Add hypochlorite solution for 5-8 minutes (35mL water, 5mL 5M NaOH solution, 10 mL sodium hypochlorite solution in a 50 mL conical)
4. Spin down worms, suck off fluid without sucking away embryos (pelleted at the bottom) and immediately add water to wash embryos
5. Wash 2x more with s-basal (spin, remove wash fluid, resuspend in S-basal)
6. Wash and put 3-10 mL (depending on size of plate) on unseeded NGM plate for overnight hatchout on rotary shaker set to low speed
 - a) *Allowing animals to hatchout overnight gives all of the embryos at different stages time to hatch, starve and enter into the L1 diapause*
7. Place the hatched animals on seeded NGM to begin synchronous development from the L1 diapause