




Study Website: <https://actagingresearch.org/act-study-participants/activity-sleep-devices>
Study Phone Number: (206) 442-4071

Instructions for Wearing the ActivPAL

In this packet you will find:

ActivPAL device (sealed in plastic – do not remove the plastic nor the gauze backing! It helps keep the device waterproofed)	
Tegaderm waterproof covering	
Alcohol wipes	
A paper sleep log	

We have provided you with a small activity monitor called an ActivPAL that is worn on your thigh. The ActivPAL records general movement to allow us to get a better idea of your overall activity level. We will not be able to tell what kinds of specific activities you are doing. **It is very important that you wear the monitor properly.** Please follow these instructions carefully:

If you have any questions, please feel free to call us at (206) 442-4071.

The ActivPAL is sealed in a plastic covering, with a gauze backing – this should not be removed. The plastic sealed ActivPAL is worn with Tegaderm (waterproof tape) over the top to further seal the device and make it water resistant. This means:

- It is okay to wear the activPAL in the shower, bath, or for swimming
- If you need to remove the device for any reason, please put it back on as soon as possible. Reasons you might remove it:
 - Taking a long bath (the prolonged water exposure in a warm bath may weaken the tegaderm)
 - Going swimming for a prolonged period (again, prolonged water exposure may weaken the tegaderm tape)
 - Switching legs (we recommend doing this at least once during the week you wear the device to help avoid any skin irritation from the tape)

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Instructions:

1. If you received the device by mail, put it on right away.
2. Swab your skin with an alcohol wipe and let it dry. It does not matter which leg you choose.
3. Place the ActivPAL in the upright position with the white cotton side against the skin on the front center of your upper thigh (at least 5-6 inches above the knee). The rounded top of the ActivPAL and black arrow should point toward your head.
4. Remove Tegaderm from packaging. Remove the back side (non-window) side of the Tegaderm and place it over the activPAL.
5. Press the Tegaderm on your thigh, smoothing out any air bubbles or wrinkles in the tape.
6. Remove the “window” side backing strip from the Tegaderm. This will ensure the ActivPAL will stay in place and will be waterproof.
7. If you experience any skin irritation, please move the activPAL to the opposite leg. If you experience significant skin irritation that does not resolve or other uncomfortable reactions, please remove the device.
8. Check each day that the tape is secure and in place. If it starts to get worn, please remove the device, discard the wornout piece of Tegaderm, and reapply the device with a new Tegaderm tape. We have provided you with extra materials and instructions for how to reapply.
9. Keep your daily sleep log next to your bed and write what time you turn out the lights for sleep at night, and what time you get out of bed for the final time each morning



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After Tegaderm, this is what your device should look like **on the front of your upper leg/thigh.**

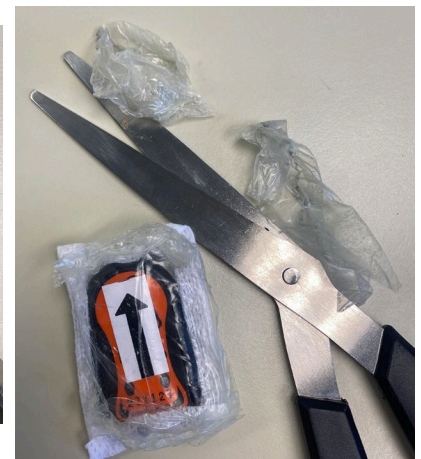
Please Note:

1. This monitor has a short battery life. Please make sure to put it on as soon as it arrives.
2. Keep the monitor on all day and night.
3. Do not let anyone else wear the activPAL.
4. The monitor has no "ON" or "OFF" switch. ActivPAL's batteries are programmed to run constantly. Please do not try to open the monitor.
5. Please return the ActivPAL using the enclosed envelopes right after you are done wearing it.
6. Check each day that the tape is secure and in place. If it starts to get worn, please reapply more Tegaderm tape. We have provided you with extra materials and instructions for how to reapply.
7. Call our study line at (206) 442-4071 if you have questions or concerns.

Instructions for Changing the ActivPAL Tape Dressing

The Tegaderm tape can be changed at any time if it becomes too worn.

Peel off Tegaderm tape. Try not to let the old Tegaderm tape bunch up. Cut off the excess Tegaderm tape. **Please be careful not to cut the plastic sealing around the activPAL so that it is still waterproof**



To re-adhere to your leg, repeat steps 2-6 of the instructions.