

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

Instructions for Wearing the Actiwatch and using the sleeplog

In this packet you will find:

Actiwatch (i.e. sleep watch) device	
A paper sleep log	

We have provided you with a sleep watch monitor called an Actiwatch that is worn on your nondominant wrist like a wristwatch. The sleep watch provides information about your sleeping patterns based on movement and light. All information provided is a general summary and we will not know exactly what you were doing during those times. **It is very important that you wear the monitor properly.** Additionally, the sleep log is meant to be used along with the sleep watch.

Please remember that the sleep watch should be worn 24-hours a day but removed when bathing, swimming, or other activities where it could get wet. It is water resistant but not waterproof.

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



Instructions:

1. Please continue to wear the sleep watch for 7 nights starting from the time the Research Specialist helped place it on your wrist.
2. If you received the device through the mail, put on the device now. The device has a short battery life so it's important to start wearing it right away.
3. **At bedtime: Please gently press and hold the event marker (on the left side of the watch) until the time display blinks "- - -" for a few seconds** when you turn off the light and try to go to sleep for the night.

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4. **In the morning: Press the event marker for 3+ seconds again when you get out of bed for the final time** to start your day. If you read or watch TV in bed before going to sleep, please don't press the event marker button until you're done with those activities and actually trying to go to sleep.
5. 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. Record the time on the sleep watch for these notes. Do not let anyone else wear the sleep watch.
6. Please return the sleep watch and sleep log using the enclosed envelopes right after you are done wearing it for 7 nights because we have a limited supply.

FAQ:

1. Why does the manual say I can shower with the sleep watch on, but not bathe with it on?
 - a. The sleep watch is water resistant. This means it is safe when exposed to splashing water (like in a standing shower) but not truly waterproof when submerged (as when sitting in a tub with your wrist underwater). But honestly, who wants to shower with it on anyway?
2. What is happening when I look at the sleep watch on time setting and it shows something circling around the face of the watch?
 - a. It just means it is working/collecting data. Don't worry about it.
3. Which button do I push for the event marker when I'm turning out the lights to go to sleep or when I wake up in the morning?
 - a. You use the same button for both of these actions. The small silver button on the **left** side of the watch should be pressed and held for at least 3 seconds.