

## **ACTIWATCH INSTRUCTIONS FOR USE**

The ActiGraph daily sleep monitoring device (Actiwatch) will continuously measure your rest and activity levels, as well as light exposure, while you are wearing it. You should put the watch on as soon as you receive it in the mail. Below, we provide detailed instructions for using the Actiwatch. We encourage you to also review the instructional video, found on the SLEAP webpage.

1. **How to wear the Actiwatch:** The Actiwatch is worn just like a standard wristwatch.

- a. Place the device on the wrist of your non-dominant hand (the hand you do NOT write with) and fasten the strap.
- b. The red monitor should be on top of your wrist, as pictured here. →
- c. The Actiwatch should fit comfortably on your wrist. Make sure it does not move around but also that it is not so tight that it is uncomfortable.
- d. If you wish to continue wearing a personal device on your wrist, either transfer that personal device to your dominant wrist (hand you do write with) OR wear it above the Actiwatch (closer to the elbow).



2. **When to wear the device:** In general, the Actiwatch should be worn at all times (day and night) for 7 days in a row. You should begin wearing your Actiwatch on the day you receive it.

- a. The device is measuring your movement continuously, which is needed to calculate your rest and activity patterns and sleep. Therefore, it should be worn both during the day and night.
- b. The only time that you should remove the Actiwatch is if your wrist will be submerged in water, like when you are swimming or bathing yourself or another (see 3a-c below)
- c. You should wear the Actiwatch if you are exercising – a little sweat or dirt will not hurt the device!
- d. Anytime you remove the Actiwatch for any reason, remember to put it back on as soon as possible and especially before going to sleep.

3. **How to take care of the device:** Please be careful with the Actiwatch. Although it is a strong device, it can get damaged or broken, in which case data may not be retrievable. To ensure that devices are returned in good shape, please follow the instructions below.

- a. **AVOID WATER.** The device is not waterproof. Please wear the device at all times aside from when it might get wet. Once you are away from the water, make sure to put the Actiwatch back on.
- b. It is OK to wear the Actiwatch when washing your hands, doing dishes, or if you are caught in the rain. Just do your best to keep it dry. If you are concerned, feel free to take it off to avoid it getting wet. Again, just make sure to put it back on right after.
- c. If, at any point, the device blinks red, this indicates that there is a problem. If this happens, please contact the research coordinator immediately. Do not attempt to plug the device in.
- d. We also want you to be comfortable when wearing the Actiwatch. If the nylon strap irritates your skin, try moisturizing your wrist with a hypoallergenic body cream or lotion. Vaseline can also be helpful.

4. **How to return the device:** After completing 7 full days of wearing the Actiwatch, you will return the device.

- a. Within the mailer you received with the device, you will find another envelope with shipping information.
- b. After the 7 days are over, simply place the device in the shipping envelope, add the shipping slip (if it is not already on), seal the envelope, and drop it off at the nearest post office or FedEx drop box.

**Contact us**

If you have any questions or concerns during the measurement period, please contact **our SLEAP team**.

**Email:** [SLEAP@wakehealth.edu](mailto:SLEAP@wakehealth.edu);

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