Frequently Asked Questions about the Actigraph

How long will I wear the Actigraph?

You will be asked to wear the Actigraph for 7 days, beginning at the end of Visit 4 and ending on the date listed at the bottom of this page. If you have to remove it for any reason before your scheduled time, you will be asked to record it in your Sleep Diary (SD) in this packet.

What is the button on the Actigraph?

You should press the button when you get into bed at night, and when you get out of bed in the morning. You should also push it at the beginning and end of naps. When wearing the watch make sure that the button faces up (away from your skin).

When do I return the Actigraph?

You will return your Actigraph and this packet:
- □ in the mailing envelope that we have given you.
- □ at your next visit (Visit 5).
- □ at the hotel on Saturday morning.

On what wrist do I wear the Actigraph?

You should wear the Actigraph on your non-dominant wrist (i.e. if you are right handed please wear the Actigraph on your left wrist).

What is the Actigraph measuring?

The Actigraph is measuring how active you are by recording how much you move.

Can I get the Actigraph wet?

Yes. The Actigraph is water resistant and can be worn in the shower, bath, or swimming pool. The only restriction is that it cannot be worn when in saltwater (i.e. the ocean). If you do remove it, please note the date/time of removal and replacement on your Bedtime section of the day's Sleep Diary (SD).

What do I do if I forget to note the date and time I might have removed the watch?

Try and remember approximately when you removed and replaced the Actigraph, note this in your Bedtime Sleep Diary (SD). Make a note that the date/time is an approximation.

What do I do if I somehow bang or crush the Actigraph?

Check the Actigraph for cracks. Check the back plate to see if it is still securely attached. If there is no visible damage then the Actigraph should be fine. If there is visible damage contact study personnel as soon as you can.

STOP Date: _____

STOP Time: _____