

Study Website: <https://actagingresearch.org/act-study-participants/activity-sleep-devices>

Study Phone Number: (206) 442-4071

Mailing Instructions

Thigh-worn device (activPAL)

- After you have worn the thigh device for 1 week (7 days and nights), **peel off Tegaderm tape, separate tape from the activPAL and discard tape. Please leave the activPAL in the plastic casing.**
- **Please mail it back to us promptly.** This will allow us to download your data before the battery runs out. We also have a limited supply of devices and would like as many people in ACT as possible to have a chance to wear them. We appreciate your efforts to promptly return the activPAL device.
- Please seal the device in this padded envelope.
- Place the **padded envelope** with the device into the postage-paid business return envelope, along with your wear log and survey, in your mailbox to return it to Kaiser Permanente Washington Health Research Institute.
- No postage is needed.

Thank you!

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Mailing Instructions

Wrist-worn device (Actiwatch)

- After you have worn the wrist device for 1 week (7 days and nights), **please mail it back to us promptly**. This will allow us to download your data before the battery runs out. We also have a limited supply of these devices and would like as many people in ACT as possible to have a chance to wear them. We appreciate your efforts to promptly return the Actiwatch.
- Please seal the device in this padded envelope.

Place the **padded envelope** with the device into the postage-paid business return envelope, along with your wear log and survey, in your mailbox to return it to Kaiser Permanente Washington Health Research Institute

- No postage is needed.

Thank you!

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Mailing Instructions

Thigh-worn device (activPAL) and Wrist-worn device (Actiwatch)

- After you have worn the thigh device for a week, **peel off Tegaderm tape, separate tape from the activPAL and discard tape. Please leave the activPAL in the plastic casing.**
- **Please mail the devices back to us promptly.** This will allow us to download your data before the battery runs out. We also have a limited supply of devices and would like as many people in ACT as possible to have a chance to wear them. We appreciate your efforts to promptly return the devices.
- **Place both the activPAL device and the wrist-worn Actiwatch together in the padded envelope.**
- Place the **padded envelope** with the devices into the postage-paid business return envelope, along with your wear log and survey, in your mailbox to return it to Kaiser Permanente Washington Health Research Institute.
- No postage is needed.

Thank you!