

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

Study Phone Number: (206) 442-4071

Frequently Asked Questions

General Questions

Q: Seven days seems really long. Do I have to wear the devices for a full week?

A: If you can wear the devices for at least 4 days we can still use your data.

Q: Do I turn the devices off?

A: The devices do not have an off switch. They also do not need to be charged.

Q: Will either device cause problems while flying or going through security?

A: We are unsure if the devices will go off if you go through a metal detector. You could take off the devices if you are going to a location with a metal detector and put them back on after you are finished at that location. When flying, you could remove the devices and place them in checked luggage to make sure they do not cause security issues. Then you would put the devices back on when you arrive at your destination.

ActivPAL device (thigh-worn, activity device)

Q: Will you be able to determine the type of activities I do?

A: The devices do not tell us specific activities, so your privacy is preserved. The devices can only summarize total movement counts.

Q: Can you track my location?

A: No. The devices measure your activity level only. There is no GPS tracking in either device.

Q: Is the little green light supposed to be flashing?

A: Yes, when the device is recording the green light flashes intermittently.

Q: Can I remove the plastic pouch the activPAL is in?

A: Please **do not** remove the plastic pouch. It is used to keep the device waterproof so that you do not have to take it off while showering or bathing.

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Actiwatch device (wrist-worn, sleep device)

Q: Do I have to take my Actiwatch off when showering?

A: We recommend taking the Actiwatch off when showering or swimming. 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? Please put the device back on ASAP when finished.

Q: Does it matter how I wear the Actiwatch?

A: The device should be worn on your non-dominant wrist (the hand you do not write with).

Q: Do I have to do anything with the watch?

A: The watch is all set up and ready to use. There is nothing you need to do except (1) wear the watch, (2) gently push the little button on the side when you turn out the lights for bed and are ready to go to sleep, and then again when you get out of bed for the last time in the morning, and (3) prevent it from getting lost if for some reason it is taken off.

Q: 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.

Q: What if I forget to press the event marker?

A: Ideally, you should push the event marker just before going to sleep and just after waking. However, it is ok if you forget to press the event marker. The event marker helps us analyze the data if you do press it, but we can still analyze your data if you forget to press it.

Q: 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 and collecting data. Don't worry about it.