



The
AdSleep
Project

WHAT IS AN ACTIWATCH?



ROYAL
HOLLOWAY
UNIVERSITY
OF LONDON



UNIVERSITY
of York

LEVERHULME
TRUST

Do's

- Wear on your nondominant hand (left if right handed).
- Wear **continuously** day and night.
- Return to the researcher when they come to collect it in school.
- **Look after it.**

Do not's

- Do not wear in the **bath or shower.**
 - Do not wear when swimming.
- Do not wear during contact **sports** (e.g., rugby).
- Do not take it off at any other time.

An Actiwatch is a small device you wear on your wrist (like a watch) which measures your movements / activity. This helps us to calculate your sleep and wake times.

NOTE: Actiwatches do not record anything else apart from movement (e.g., speech or location)!



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