## Audio/Actiwatch, Sleep Diary Guidelines

# Audio Diary Guidelines

You have been given a tape recorder to record details about your sleep in the form of an audio diary. The diary should be completed every morning for 14 days, so if you start on a Saturday morning, your last entry should be on a Friday morning.

Please start recording your diary the morning after your interview and arrangements will be made at the interview to collect the tape recorders from you after 14 days.

How to use the tape recorder:

The tape is set up for you to record, simply press the play and red record buttons at the same time to record and press the stop button to stop recording. If the tape and/or batteries run out please replace with the spares provided, you will be shown how to do this.

What to record:

We would like you to give a summary each morning of your sleep the night before. If possible, we’d like you to record the following information:

* The day and date
* The time you went to bed
* The time you got up
* What made you get up at that time
* Anything unusual that happened in the day that may have affected your sleep
* How you slept
* Whether there were any interruptions to your sleep e.g. going to the toilet, car alarms going off
* Was there anything unusual about your sleep that night

# Instructions for ActiwatchL

You will be provided with an ‘ActiwatchL’, which has a light sensor attached to a watchstrap. They are able to measure light and activity levels and provide information about your sleep.

The ActiwatchL must be worn on your **non-dominant wrist** (so if you are right handed the watch should be warn on your left wrist) throughout the whole 14 days, except whilst bathing or showering, as the ActiwatchL is not waterproof. It is important that the light sensor is not covered up by clothes etc, so the ActiwatchL should be worn outside jumpers and coats.

Do not cover with clothing.

# Instructions for Sleep and Activity Diary

You have been given a booklet containing diary pages for you to complete details about your sleep and activities each day. During the interview, the researcher will complete the day before with you as an example, and answer any questions that you may have.

Each day is numbered in the diary, but please also include the date and the day of the week. Please then complete questions 1-5.

On the page following questions 1-5 there are ‘timesheets’ in which we would like you to record the following:

* Any activities you were doing
* Any food or drinks that you may have had
* Who you were with
* Whether you were indoors or outdoors.

All activities that people might do are important; however uninteresting or routine you may feel the activity is, please write it in.

If you have any queries, please feel free to telephone Sue Venn on 01483 683966 or email at [S.Venn@surrey.ac.uk](mailto:S.Venn@surrey.ac.uk) or the Chief Investigator, Professor Sara Arber on 01483 686973, email [s.arber@surrey.ac.uk](mailto:s.arber@surrey.ac.uk).

Thank you very much for agreeing to take part in this study.