

Wrist Actigraph Information & Instructions



➤ What is an actigraph?

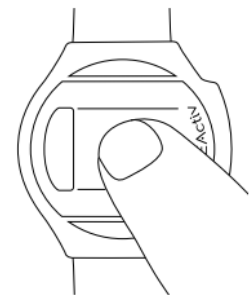
This small device records information about body movement during everyday activities such as walking and sleeping. The actigraph is safe and uses a battery similar to a watch battery for power. It is **not** a GPS tracking device, nor does it record heart rate.



➤ What am I supposed to do with the actigraph?

The actigraph will start recording data today and will continue to record 24 hours a day for 8 to 9 days.

1. We ask that you wear the monitor for the full 8 days, all day and night. It is worn on the **non-dominant wrist** like a watch and should fit snugly around your wrist.
2. The monitor is water-resistant so it can be worn when taking a bath, shower, or swimming. If the monitor and wrist strap get wet, you may blot them dry with a towel and dry the skin under the monitor.
3. If you must take the actigraph off for any reason, remember to put it back on the same wrist as soon as possible.
4. If the actigraph is removed, please keep it away from small children and pets to avoid accidents.
5. Please firmly press the hidden event marker button under the six-digit number when you are trying to fall asleep and at your final awakening.



➤ Who do I contact if I have questions?

If you have any questions about the monitor, please call the MESA study coordinator.

Name:	
Phone Number:	