

DAILY USE

1. Wear the wrist ActiGraph on your non-dominant wrist (that's your left wrist if you are right-handed or your right wrist if you are left-handed).
2. Wear the ActiGraph for 7 days and nights in a row. You will wear the Muse headband for three nights in a row within those 7 days and nights.
3. You can wear the wrist ActiGraph at all times, except when you are showering, bathing or swimming.



Do not wear the ActiGraph when showering, bathing or swimming.

RETURNING THE SLEEP TRACKERS

After you have worn the wrist ActiGraph for at least 7 days and the Muse headband for 3 nights, follow the **Tracker Return Instructions** to send the devices back to the CLSA.

Accessing the data on the Actigraph and Muse require a specific login and software, which is only available to the CLSA. The data on the devices are connected to an ID, not your personal information. If a device is lost, it cannot be connected back to you.

Please keep in mind that participation in this data collection is voluntary.

If you require assistance, please contact us:



1-866-999-8303



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www.clsa-elcv.ca

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