

Objective Actigraphy Study In Sleep

What will happen in the study?



We would like you to wear a special watch for 10 days



The watch measures how you move and sleep

We would like you to wear your watch **day and night**



Please take off your watch when you are having a bath or playing sport
Use the wipes provided to keep the watch clean



Your parent will be helping us by recording information about your sleep. These are the people that your parents will be talking to:



Remember

- It is okay if you want to stop wearing your watch- just tell your teacher or parent
- Tell your parent if the watch is too uncomfortable
- Ask your parent if you have any questions about the watch

You can wear the watch on

your wrist



your ankle

