

Activity and Sleep Booklet

You recently participated in an in-home interview for the National Social Life, Health and Aging Project (NSHAP). During the interview, you agreed to wear and return a small wristwatch that will collect information about your activity and sleep over a 3-day period. The watch measures whether you are moving or not. We will not be able to tell from the information what you are doing, only whether you are asleep, awake or actively moving.

We are also asking you to record the times that you woke up, napped, and went to bed in this booklet. The data you provide will permit us to explore how sleep and activity affect our physical and mental health as we get older.

If you have any questions, please contact NSHAP toll-free at 1-877-394-1975. Thank you for participating in NSHAP.

Please note that it is very important that you put the watch on the <u>same day</u> you receive this package.

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INSTRUCTIONS

This booklet will take you through how to use the watch, from the day you receive the watch (page 4) to returning the watch and booklet using the pre-paid mailing box (back page). Make sure to place this booklet either by your bed, on the fridge or somewhere you will be able to remember to record your sleep activity each day. This information is essential for understanding your sleep patterns. Before proceeding to this, we would like you to answer each of the questions on page 3.

In answering the questions in the booklet, please be as honest and accurate as possible. Some questions will ask you to choose from a list of options. Choose the response that most closely matches your answer, and put a check mark \checkmark or x in the box provided on the left. Other questions will not include a list of choices and you should enter your response in the space provided.

Materials in this package:

- 1) Activity and Sleep Booklet
- 2) Watch
- 3) Priority Mail cardboard box
- 4) Plastic bubble bag
- 5) Activity and Sleep FAQ

If you have any questions or are missing any materials, please contact NSHAP toll-free at 1-877-394-1975.

The following questions relate to your sleep and daily activity.

1.	How often do you have trouble falling asleep? 1 Most of the time 2 Sometimes 3 Rarely or never		5.	We would like to know the type and amount of physical activity involved in your daily life. How often do you take part in sports or activities that are vigorous, such as running or jogging, swimming, cycling, aerobics or gym workout, tennis, or digging
2.	How often do you have trouble with waking up during the night?			with a spade or shovel?
	¹ ☐ Most of the time ² ☐ Sometimes ³ ☐ Rarely or never	lost of the time ometimes		 ¹ ☐ More than once a week ² ☐ Once a week ³ ☐ One to three times a month ⁴ ☐ Hardly ever or never
3.	with waking up too early and not being able to fall asleep again? 1 Most of the time 2 Sometimes 3 Rarely or never How many hours do you usually sleep at night? Write number of hours:		6.	How often do you take part in sports or activities that are moderately energetic, such as gardening, cleaning the car,
				walking at a moderate pace, dancing, or floor or stretching exercises?
4.			7.	 ¹ ☐ More than once a week ² ☐ Once a week ³ ☐ One to three times a month ⁴ ☐ Hardly ever or never
				How often do you take part in sports or activities that are mildly energetic, such as vacuuming, laundry, or home repairs?
				 ¹ ☐ More than once a week ² ☐ Once a week ³ ☐ One to three times a month ⁴ ☐ Hardly ever or never



Day 1 (Day the watch arrives)

Instruction

Securely strap the watch on your non-dominant wrist, the hand you do not write with.

- The watch should be worn continuously for 3 full days (72 hours).
- Please do not remove the watch. If removed, please reattach the watch as soon as possible.
- You can wear it while showering or bathing, it is waterproof.





Record the time you put the watch on 8.

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HH		MM	L	

AM (before noon) PM (after noon)

Record today's date 9.

MM	

10. What is the total amount of time that you spent napping during the day?

No naps (0 minutes) Less than 15 minutes

15 minutes to 1 hour More than 1 hour

11. When you went to bed, what time did you start trying to fall asleep?

PM (before midnight) AM (after midnight)

Instruction

When you start trying to fall asleep, press and hold down the button on the left side of the watch for at least four seconds.







Day 2

12. Record today's date



Instruction

When you wake up, press and hold down the button on the <u>left</u> side of the watch for at least four seconds.





13. What time did you wake up?

	:	
НН	•	MM

AM (before noon)
PM (after noon)

14. What is the <u>total</u> amount of time that you spent napping during the day?

No naps (0 minutes)
Less than 15 minutes
15 minutes to 1 hour
More than 1 hour

15. When you went to bed, what time did you start trying to fall asleep?

:	

PM (before midnight)
AM (after midnight)

Instruction

When you start trying to fall asleep, press and hold down the button on the <u>left</u> side of the watch for at least four seconds.





Day 3

16. Record today's date



Instruction

When you wake up, press and hold down the button on the <u>left</u> side of the watch for at least four seconds.





17. What time did you wake up?



18. What is the <u>total</u> amount of time that you spent napping during the day?

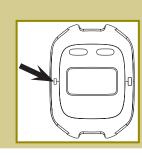
	No naps (0 minutes)
Ш	Less than 15 minutes
Ш	15 minutes to 1 hour
	More than 1 hour

19. When you went to bed, what time did you start trying to fall asleep?

	:	PM (before midnight) AM (after midnight)
HH		MM — Aivi (aitei iiiidiligiit)

Instruction

When you start trying to fall asleep, press and hold down the button on the <u>left</u> side of the watch for at least four seconds.





Day 4 (Day you take the watch off)

20. Record today's date



Instruction

When you wake up, press and hold down the button on the <u>left</u> side of the watch for at least four seconds.





21. What time did you wake up?



Instruction

You may now remove the watch.

22. Record the time you took the watch off



Instruction

Mail the watch and this booklet to NSHAP using the instructions on the next page.

MAILING INSTRUCTIONS

Step 1	Place the watch in the plastic bubble bag.
Step 2	Peel off the white liner, and then seal the bubble bag.
Step 3	Place the bubble bag and this booklet into the Priority Mail cardboard box.
Step 4	Peel off white liner, and then seal the box.
Step 5	Please mail the box through the US Postal Service. The box can be dropped in a blue collection box or handed to your mail carrier. The box is pre-addressed and pre-paid.

Thank you!

If you have any questions or are missing any mailing supplies, please contact NSHAP toll-free at 1-877-394-1975.

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