**Directions for filling out sleep diaries and information about the watch**

**ALWAYS** use accurate time (not rough estimates) when recording times on the diary.

**ALWAYS** wear the watch on your non-dominant wrist (for example, wear on left wrist if right-handed).

**SLEEP WATCH**

Remember to press the event button (button on the left….hold it for a couple of seconds until time display disappears)

* immediately before you go to sleep (get in bed with the intent to sleep)
* immediately after you wake-up (get out of bed after any “snoozing”)
* immediately before you remove the watch for any reason
* immediately after you put the watch back on

The watch is safe to wear 24 hours a day for most normal activities (including showers, washing dishes, washing face/hands), and you are being paid and have agreed to wear the watch for the next week. The watch is water-tight to a depth of 1-meter for 30 minutes as well. If in doubt of the safety of the watch or yourself, please REMOVE THE WATCH and record in your sleep diary when it is removed and for what reasons—record also the time when you put the watch back on. Times you may want to remove the watch include:

* Getting wet for *extended* (over 30 minutes) periods of time or in deep water (>1 meter).
* During contact sports (e.g., basketball, football, volleyball, etc.)
* during a medical MRI scan.
* during other activities where the watch may be damaged (e.g., moving furniture, painting, fixing cars, etc)

**SLEEP LOGS (diary)**

* Daily sleep diaries are most accurate and easily filled out when taking just a few moments each day to complete (after waking up, and just before going to bed)
* Please answer each question succinctly for each morning and evening entry.
* Please remember to **bring your completed sleep logs back for Session 2** of the experiment.
* Contact David at [dickinsondl@appstate.edu](mailto:dickinsondl@appstate.edu) if you have any questions about how to complete an entry.

Please contact the research staff or experimenter about the watch:

* if you have any questions about the watch or how to fill out the daily sleep logs.
* if any part of the watch comes loose, breaks off, or if the watch appears to have been damaged in any way
* if you need to remove the watch due to skin rash

***\*The watch is a sensitive and expensive instrument. Please take good care of it and return it in the same condition in which you received it.***