



Instructions for wearing the Actigraph activity monitor

V1 290103



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- You should wear the Actigraph for 7 days, starting the morning after your visit to Teen Focus 3.
- Take off the Actigraph before you get into bed and record the time. It's a good idea to leave it somewhere you will easily see it first thing in the morning, like on top of your clothes.
- Remember to wear the Actigraph every day. **This is essential.**
- Every morning, remember to put the Actigraph on as soon as you wake up or immediately after having a shower or bath.
- The Actigraph can be worn underneath or on top of your clothing (unless you are wearing heavy clothing such as an anorak then it should go underneath). Adjust the belt so that the Actigraph is positioned just above the right hipbone (see photo opposite). Make sure Actigraph is the right way up, with the little notch at the top. The Actigraph must fit tightly but comfortably against your body. Adjust the strap to make a snug and comfortable fit.
- The Actigraph must not get wet. Try and cover it up in heavy rain. Please remove it for swimming, having a bath or shower. **Please remember to put in on again afterwards.** Record on the time sheet the periods when the Actigraph was not worn (see example below).
- The Actigraph is quite delicate. Please try not to drop it as it may break.
- At the end of the measurement period, please return the Actigraph and the time sheet in the envelope provided. **It is extremely important that the Actigraph is returned promptly.**



TIMESHEET		Time put ON	Time taken OFF	Reason for taking off	How much time spent	
					Swimming Minutes	Cycling Minutes
Day 1	Time put on in morning → 1	7.30 am	11.00 am	Went swimming		
Date	22/01/06	12.00 pm			60	20
	Time taken off at night → 4		9.30 pm	Went to bed		