

THE SPARK-PICU STUDY

Sleep, Pain, and Recovery in Kids after Pediatric Intensive Care

ACTIWATCH INSTRUCTIONS



Start wearing your actiwatch on:

Day of week

Date

Other important information:

- ✓ While wearing the Actiwatch, you will receive a text with a link to complete a daily diary every morning and evening for 7 days.
- ✓ Wear the watch ALL DAY and ALL NIGHT.
- ✓ Press the Actiwatch button (on left side of watch) for 3 seconds every time you:
 - Wake up
 - Go to sleep
 - Take the watch off
 - Put the watch back on
- ✓ Wear the watch on your non-dominant arm.
(If you are right-handed, wear the watch on your left, and vice versa).
- ✓ Remove the Actiwatch when showering, bathing, or swimming.
- ✓ Please keep the actiwatch away from pets and young children.



Place the watch in the box, then put the box into the envelope.

Return the watch on this date:

Day of week _____ Date _____



You can drop off the envelope at any Fedex location!

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