

## First STEPS

The Supporting Transitions into ECEC Programs Study



THE UNIVERSITY  
OF QUEENSLAND  
AUSTRALIA

CREATE CHANGE

# Fitting the Actigraph (Watch)

**The actigraph goes on the wrist like a watch.**

We recommended you place the watch on each family members non-dominant wrist. For example, if your child draws with their right hand, we recommend the watch is placed on their left wrist. If the watch is too loose for your child's wrist, the watch can be placed on their leg just above the ankle.



## How to fit the actigraph (watch) to your child's wrist (or ankle)

1

Place the actigraph (watch) upside down so you can see the flat side of the band (as shown right). Then, place the band around the wrist or ankle.



2

When the wristband is firm around the wrist (your pinky finger should be able to fit under the band), fold the top square down (circled on right) and press firmly to connect like a button.



3

Carefully cut the excess band to size (see image on the right for guide).



4

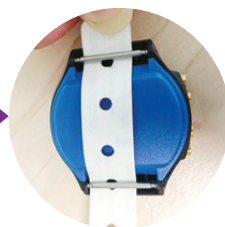
The actigraph (watch) is attached and now recording activity.



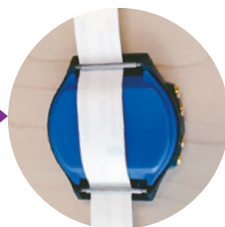
## How to replace the wristband on the actigraph (watch)



Thread the wristband through the watch loop



Continue to thread the wristband through the other watch loop



Repeat the above steps to fit the actigraph to your child's wrist or ankle

# Actigraph Information Sheet

## Frequently Asked Questions

### What information will the researchers get from my family's Actigraphs?

The actigraph measures movement and light, and provides information about levels of rest and activity across the day, as well as general activity and light exposure levels. This data will be used to measure your child's daily activity including sleep and wake. The actigraph does not record sound or have GPS functionality.

### What type of device is it?

The actigraph is a medical grade device suitable for use by young children, including infants, and does NOT contain a button battery.

### Can the actigraph be covered by clothing?

Please do not cover the actigraph (i.e. with clothing, socks etc.). This will ensure that the actigraph can collect information about your child's light exposure.

### How tight should the actigraph be?

The actigraph should not slip about on the wrist or leg when the wearer moves their body. However, it should be comfortable and should not restrict blood flow at all. A good way to check is to ensure that you can fit your little finger between the band and the wrist. If you or your child feels it is too tight, cut the wristband using scissors and use another wristband (provided with this pack). You can also trim the band to get rid of excess.

### Can the actigraph be worn in the shower, bath or swimming pool?

Yes. The actigraph is waterproof, and can be worn when showering, bathing, or swimming. Any water on the skin under the actigraph will air-dry, however, it can be dried with a towel as you or your child prefer.



### When should I remove the actigraph?

Apart from if you would like to change the band, you should not have to remove the actigraph. However, if the actigraph is causing irritation to your child's skin or your own, please remove the device (by cutting the band using scissors if it is your child that is affected), and contact the research team.

### Can the actigraph produce an allergic reaction?

This is very unlikely. However, if you or your child do develop skin reddening, irritation or discomfort due to the actigraph wristband, remove the device immediately, by cutting the band using scissors, and contact the research team. Please remember to keep skin clean and dry underneath the wristband to minimise risk of irritation.

### If you require more wristbands, please contact us using the details below.

Alternatively, if you have any questions, concerns or wish to speak to a member of the **First STEPS** research team, please contact us.

### The Supporting Transitions to ECEC Programs Study (First STEPS)

E: [firststeps@uq.edu.au](mailto:firststeps@uq.edu.au)

P: 0447 923 587

W: [qbi.uq.edu.au/firststeps](http://qbi.uq.edu.au/firststeps)

## Fabric wristband actigraph watch cover

We have also provided you with some actigraph watch covers. These fabric\* covers are optional and can be worn to improve the comfort of the actigraph watch for your child if required.

### Instructions for use:



Place band on child with seam facing outwards.



Put actigraph watch on arm over the fabric as per the instructions provided.



Flip the other half of the cover over the actigraph watch so that the window is positioned over the face of the device.



Ensure that the band is covered by the flipped-over part of the cover.



If fabric becomes wet, please replace with a dry wristband.



You may wash fabric wristbands in a cool wash, and line dry.



Please return fabric wristbands with the actigraph watch for laundering.



\*Fabric material is cotton spandex or Supplex.



### The Supporting Transitions into ECEC Programs Study (First STEPS)

If you have any questions or would like to speak to the **First STEPS** Research Team, please contact us on the details below:

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