

Call **453-3581**

EVERY NIGHT before you go to sleep and

EVERY MORNING when you wake up .

You will leave a message on the answering machine:

Evening Call-in Instructions

- 1.State your name and study ID#. (“My name is _____ and my ID# is _____.”)
- 2.Press the button on your actigraph. Is it beeping? (“Yes/No, my actigraph is/is not beeping.”)
- 3.Have you completed your diary today? (“Yes/No, I have/have not completed my diary today.”)
4. Did you go to school today? (“Yes, I went to school.” or “No, I did not go to school today.”)
5. Did you nap today? (“No, I did not fall asleep today.” or “Yes I did nap today.” or “Yes I did fall asleep today.”)
- 6.What time is it? (“It is now _____ and I am about to go to bed. Good Night!”).
- 7.If you need to speak to a research assistant, please call 421-9440. Leave your name, id# and a brief message.

Morning Call-in Instructions

- 1.State your name and study ID#. (“My name is _____ and my ID# is _____.”)
- 2.State when you tried to fall asleep. (“I tried to fall asleep last night at _____ pm/am.”)
- 3.State your final wakeup time. (“I finally woke this morning at _____ am/pm.”)
- 4.Press the button on your actigraph. Is it beeping? (“Yes/No, my actigraph is/is not beeping.”)
- 5.Have you completed your diary today? (“Yes/No, I have/have not completed my diary today.”)
- 6.Are you going to school today? (“Yes I am going to school today” or “No, I am not going to school today”)
- 7.If you need to speak to a research assistant, please call 421-9440. Leave your name, id# and a brief message.