ActTrust 2 Participant Guide

Provided by: Chrysanth Hamberger & Anna Biller
Date: 10/03/2024
Version: 1.3

How to wear the ActTrust 2?

- this is an actimeter that measures your activity
- wear it on the non-dominant wrist like a watch, *don’t change the wrist over the course of the study*
- if for some reason you need to change the wrist, please let us know in the momenTUM log
- make sure to wear it tight enough so it does not slide
- make sure not to cover the light sensor
- don’t wear while swimming or in the sauna; shower is OK!
What’s the use of the event button?

‼️ On nights when you record your EEG (brain activity) please press the Event Button **when you try to fall asleep** so we know that this is the start of the relevant EEG recording window!‼️

How to log non-wear time?

- log non-wear time (> 30 min) in the logbook of the **MomenTUM App**
Where to download the momenTUM App for logging-non wear time?

- Apple Appstore:
  https://apps.apple.com/de/app/tum-momentum/id6444047291
How do we charge the device?

- Bring it to the Monday and Thursday sessions.
- We will charge it and fetch the data during these sessions for you.

Google Playstore