



The DigitalRhythms project

Our current study focuses on the effect COVID-19 had on our work rhythms. We believe that the stay-at-home orders forced people into a very peculiar situation, drawn away from the social conventions of 9-to-5 worklife. We believe that the digital footprints we leave when engaging with technology everyday may provide a valuable proxy to study our daily habits and the changes experimented during such particular events.

Please consider taking some time to help us by following the instructions below and sharing your data for our research project!

As a little *thank you* for your time and effort, we will offer you an online tool to help you visualize your own data in nice looking and informative graphs, which you will find linked at the end of this process.

How to help with your data

At this time in the project we are interested in gathering Android phone app usage timestamps. Almost anyone using an Android phone can contribute; we currently don't have a method for iPhones at this time, but please consider sharing this website with any Android users among your friends and family.

Don't hesitate to share your data even if you feel you don't use your phone enough. You'd be surprised at how helpful the data may be for us!

When you are ready to help with some Android timestamps data, click [here!](#)

About Us and Contact details

The [de la Iglesia lab](#) at the Department of Biology in the University of Washington is focused on studying the biological rhythms of sleep and behavior in animal models and humans. One of our main interests is the study of human sleep in real life situations, specially under what you may call "unconventional situations": during a lockdown in the middle of pandemic, in communities living in isolation with no access to electricity, in persons experiencing homelessness, and others.

Feel free to contact us regarding any concerns or suggestions.

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Before you start

Consent for participation

In order for us to be able to use your data for our research, we need you to fill out what is called a 'consent form.' We ask you that you read [the consent form](#) text carefully. If you have any doubts regarding the contents of this consent form, please get in touch with us using the contact information given.

If you decide to participate in our study, complete the form linked below and then continue with the steps that follow.



Getting started

In the next page you will receive instructions on how to obtain your Android phone apps timestamps data, which is labeled as "*My Activity*" in the Google Takeout platform. Once you have received your file, you will fill out a short questionnaire in which you will be able to upload it. If you choose to, you will be able to remove all apps names from the downloaded data before uploading the file.

It takes less than 15 minutes for most people to "order" this file from Google. I would suggest using a laptop or a desktop computer for comfort, although it is just as easy on a phone. Don't hesitate to get in touch with me if you face any issues whatsoever!

Click the button below to get started.



Step 1 of 2: Obtain the data

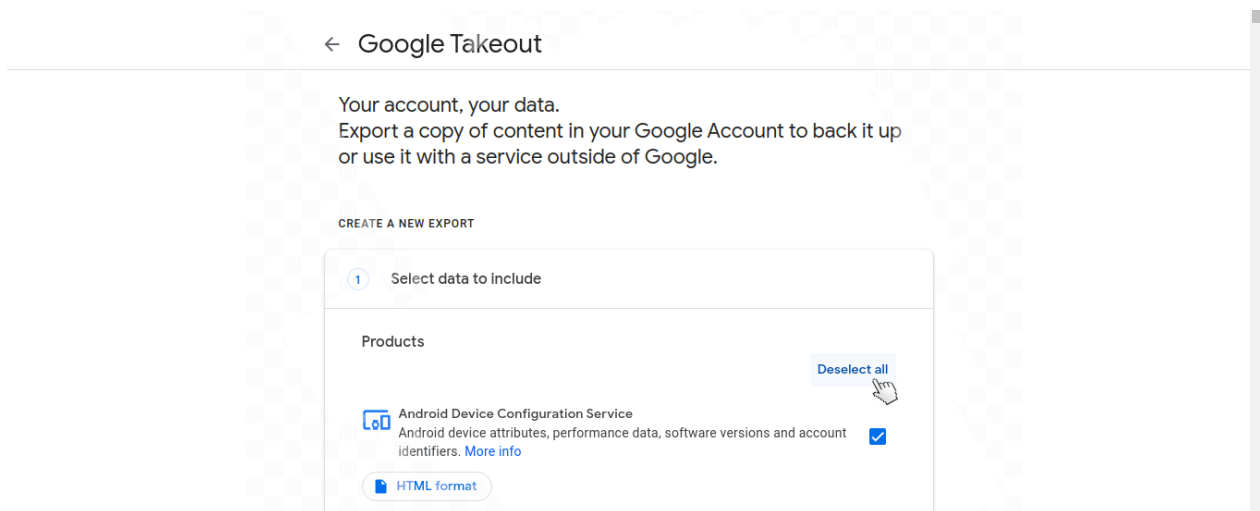
It's a short and simple process, but just to make it even easier for you we've documented almost every single click required. So don't you worry, it's not remotely as time consuming as it may seem from this long page.

To obtain your Android app activity data:

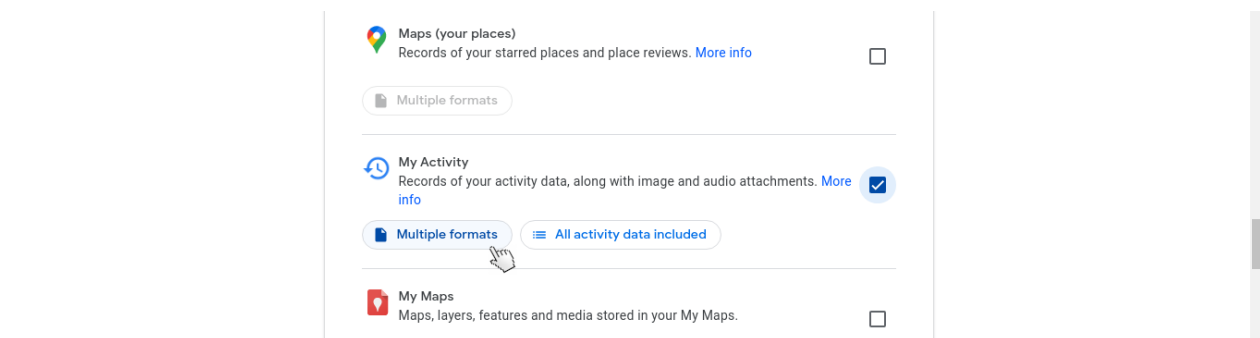
First, click the following link to go to the [Google Takeout service](#).

Important: make sure you are signed into the same Google account that is the primary one on your Android phone.

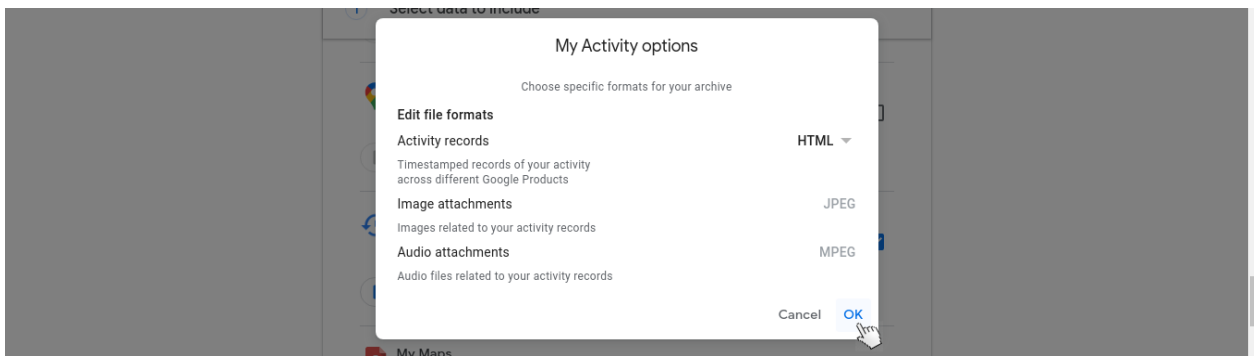
Next, click on the **"Deselect all"** option, since we are only interested in the "My Activity" item.



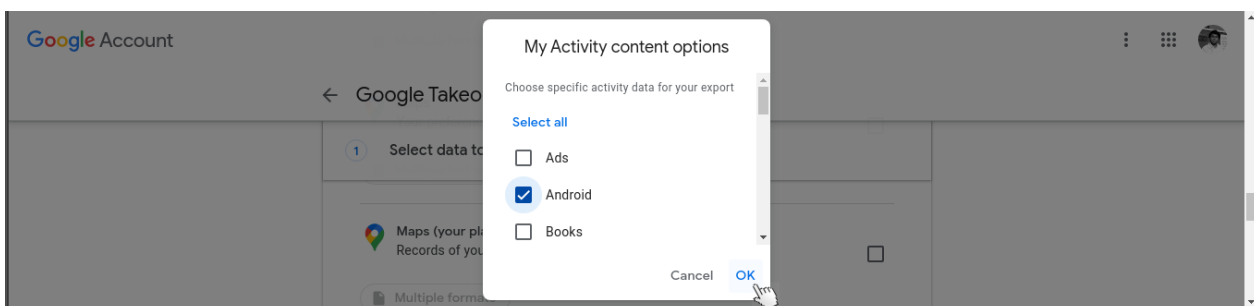
Next, scroll down to find the **"My Activity"** banner. Tick the checkbox on the right, and then click the **"Multiple Formats"** button on the left.



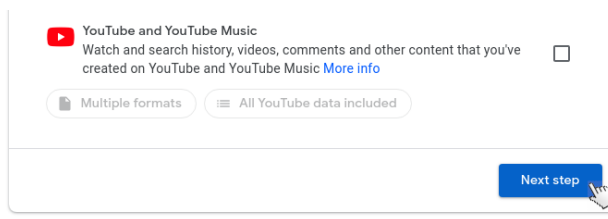
In the pop-up that opens, make sure that the *Activity Records* value is set to **HTML** format like in the picture below and not JSON. Ignore everything else. Click **"OK"** to continue.



Now click the button that says **"All activity data included"**. In the pop-up that opens, first click **"Deselect all"** and then tick the checkbox for **Android** as shown below. Click **"OK"** to continue.



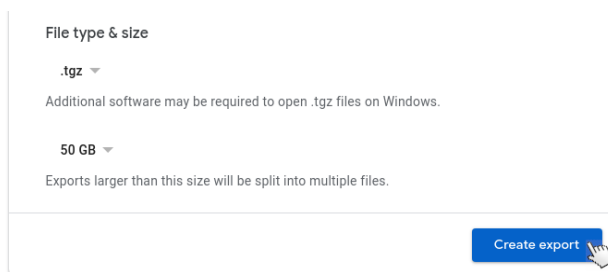
Then, scroll all the way down, and click **"Next step"**.



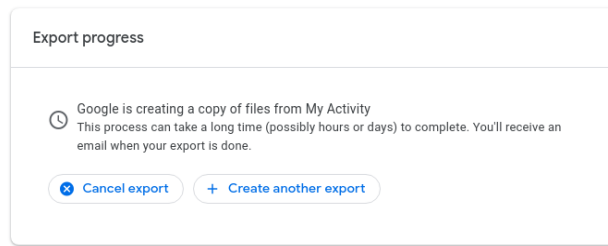
In the next page, under **Frequency**, select **"Export Once"**. The **File type and size** is up to you; pick the one format you know your system will open (most people should be OK with the default .zip format).

Leave the default file size at 2GB. **But don't be scared!** The file you will end up downloading should not be nearly as large, and will be most probably smaller than 100MB depending on your phone usage.

Click **"Create export"** and you will be (almost) done!



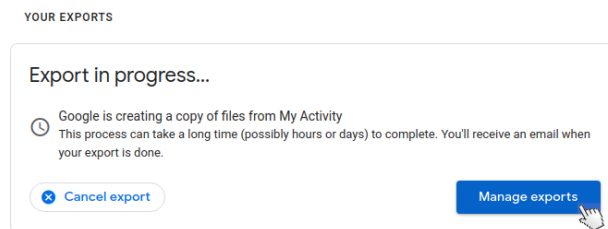
Once you click "Create export" you will see a new banner like the one below, in which Google will tell you that the preparation of your file is under way.



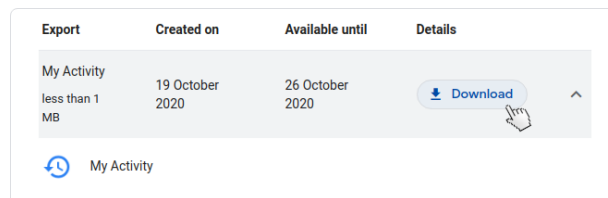
The process should only take about 5 minutes. **However, you may receive a notification on your phone and/or an e-mail from Google asking you to confirm that it was indeed you who requested an export. You will most probably not receive a download link for your file until you open that e-mail/notification and confirm.**

So you can sit back and wait to hear from Google, which can take as little or as long depending on the current workload of the Takeout platform. Feel free to come back to this point whenever you have the time to continue. Maybe better to go for a walk, take a bite, do some yoga stretches, or call a friend - just don't keep your eyes on the computer waiting for the file to be available :)

Should you reload the page, you will find a new banner on top, with a button to **"Manage Exports"**, as shown below.

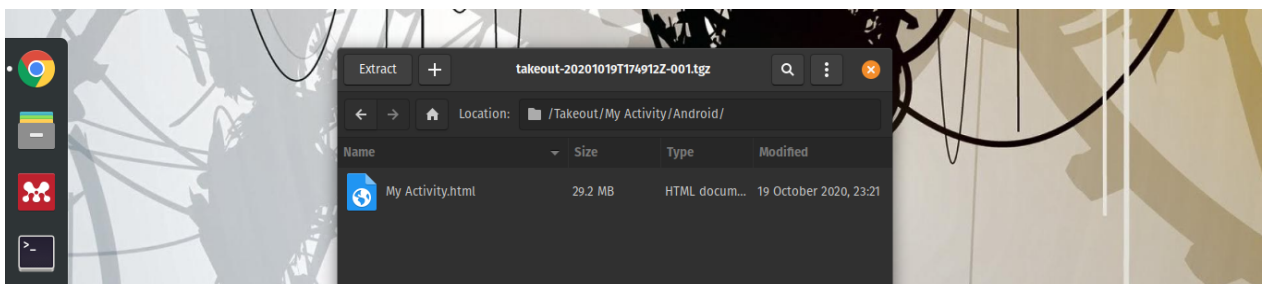


Clicking it opens a new page with your history of exports, and it will confirm that your export is in progress. If you're lucky, you'll see the already available export file and the download link (provided that you verified it from your e-mail or phone). If not, just wait and reload in a couple of minutes and you should get the download option soon.



The download may require you re-sign in to Google by entering your password. Once you've downloaded the export file, open the compressed archive using your favorite archive manager (your computer may already be able to do this by nature).

Once open, go into the **"Takeout"** folder, then the **"My Activity"** folder, and finally the **"Android"** folder to find the **"My Activity.html"** file.



Copy and save this file at a convenient location to upload in the next step.

And that's it! Congratulations! You already have your Android phone apps usage data and you are done with this stage of the process.

We highly recommend you to open the file for yourself, if you'd like. The file will load a seemingly endless webpage with a list of app names and timestamps - **but no personal details whatsoever**.

Once you're comfortable with sharing the file with us anonymously, click the button below.

Continue »

However, if you are still concerned, we offer you the choice of extracting the information and obtain a simpler CSV file with no app names before sharing it with us. Click on the icon below to open a **Google Colab** notebook and follow the instructions within - but before you do it, please consider the option of sharing the original file with us to allow us the chance to do more interesting analyses with the data! Remember, your data will be anonymized and kept totally secure. If you still feel you'd prefer to erase all application names from the file, open the link below and follow the instructions before continuing.

 Open in Colab

After you've obtained the CSV file from the Colab notebook, continue by clicking [here](#).

Step 2 of 2: Initial Questionnaire and File Upload

Please make sure you have correctly obtained your data file, and that you have already viewed its contents, and that are comfortable with sharing it before moving forward.

Once you are ready, fill out the following questionnaire and upload your file.



And you're done!

We truly appreciate your effort to help us in our research and hope that it did not take too much of your time.

A thank you gift from our team:

Visualize the data yourself!

As a little thank you for your effort, we invite you to use the this specially designed *Colab* notebook that will allow you to visualize your own data in just a few clicks, and help you learn some interesting things about yourself and your daily patterns. This is not linked to our research in any way, and you won't have to provide any data. Everything can be done on your own end, for your personal enjoyment :)

Click on the icon below to open the Google Colab notebook and have fun!



Note: The notebook is still in development and built to be a tutorial for students. It will be updated every now and then, so if you like it, save the link to this page and come back to use it again with the same or different data!