

Sleep Watch Instructions and Care

As part of the Z-factor sleep science lessons, you are being asked to wear a Sleep Watch. This watch collects data that can tell you about your sleep patterns.

Here are some things you should know about the watch.

- **Wear the watch all the time.** For the most part, you can just forget you have it on!
- **The watch is water resistant.** You can wear the watch in the shower or the bath (or swimming) for up to 30 minutes.
- **Do not try to take the Sleep Watch apart.** The watch is not a toy. This will break the watch and it cannot be fixed.
- **If you take the watch off for any reason, put it in a safe place.** Put the watch on again as soon as possible. (The watch will stop recording and can tell when the wearer takes it off.)
- **Take the watch off if you are going somewhere where the watch might get lost or damaged.**
- **Take the watch off if your skin becomes red or irritated.** Let your teacher know if this occurs.

The Sleep Watches are scientific tools that you are borrowing. They are very expensive, so please be careful.

If you have any questions about using the Sleep Watch—or if something does not seem to be working correctly—please tell your teacher.