**EcoSleep Projects**

**Logbook for special occurrences or events**

Please use the 24h-format (e.g. 23:15, NOT 11:15 PM). Always use the momenTUM if you can instead of this notebook!

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| **Project-specific****Participant ID** | **Sensor type**ActTrust (wrist actimeter), Fibion sensor (thigh actimeter), ActLumus (Lightlogger nack), Glucose sensor, EEG, iButtons, … | **Start time: non-wear****ddmmyyyy + hh:mm**(only if > 30 Minutes) | **Stop time: non-wear****ddmmyyyy + hh:mm** | **Remarks**e.g. sauna, swimming |
| 100 | ActTrust | 01.01.2024 14:00 | 01.01.2022´4 18:00 | sauna |
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| **Project-specific****Participant ID** |  | **Start time: non-wear****ddmmyyyy + hh:mm**(only if > 30 Minutes) | **Stop time: non-wear****ddmmyyyy + hh:mm** | **Remarks**e.g. ill, travel, sports |
| 101 |  | 01.01.2022 14:00 | 01.01.2022 18:00 | Sport |
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