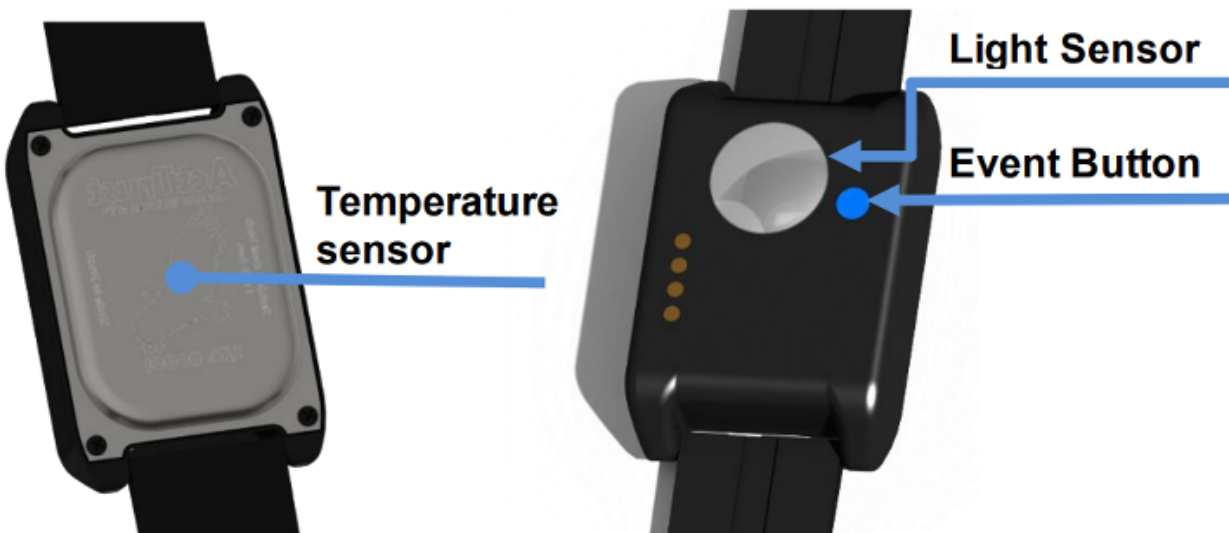# ActTrust 2 Participant Guide

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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?

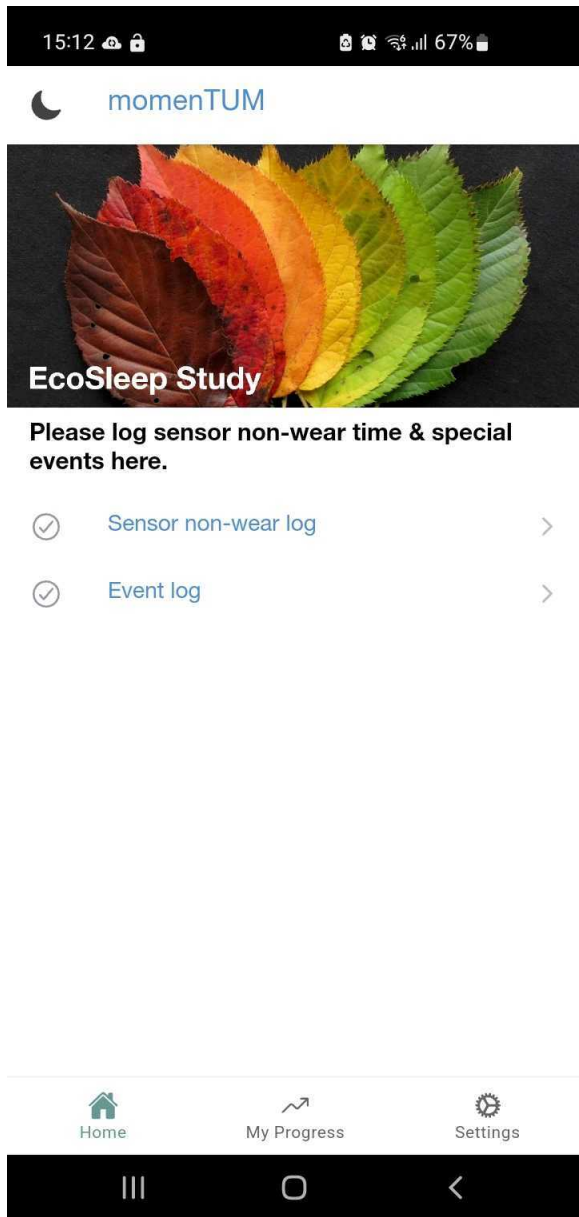- log non-wear time (> 30 min) in the logbook of the **MomenTUM App**

Figure 1 | Log non-wear time here in the Sensor non-wear section of momenTUM

Figure 2 | Log the exact non-wear time for the light logger.

Where to download the momenTUM App for logging-non wear time?

- Apple Appstore:

    https://apps.apple.com/de/app/tum-momentum/id6444047291

- Google Playstore

  https://play.google.com/store/apps/details?id=de.tum.sg.momentum&pli=1

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.