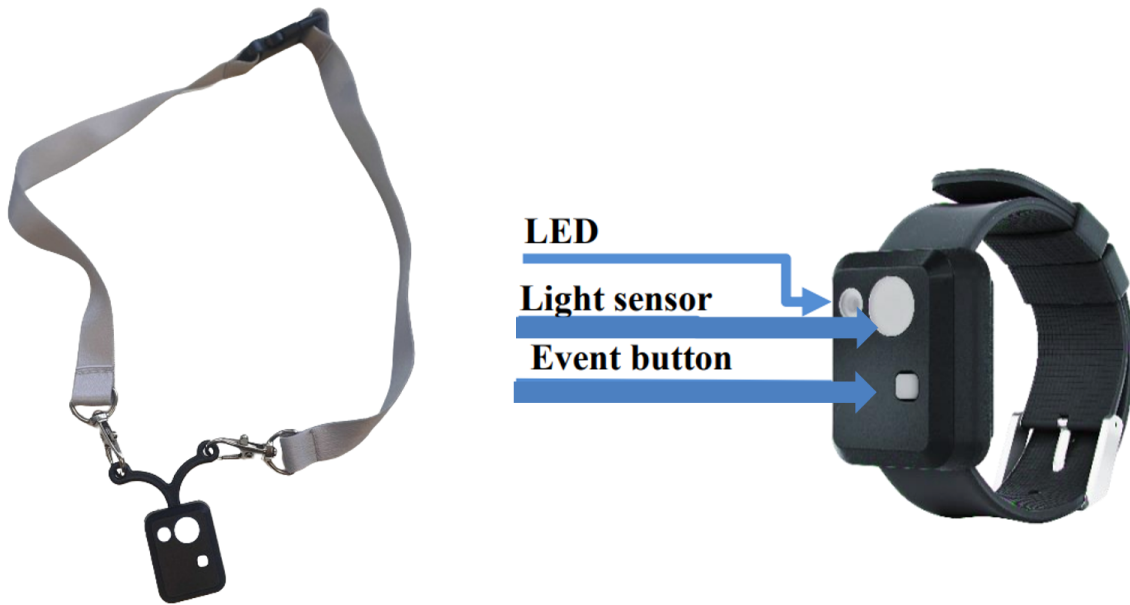


# Light Logger Participant Guide

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Light logger and button descriptions

## How to wear the light logger?

1. Take the light logger and wear it around your neck
2. Make sure to let the light sensor face the environment (not towards your skin/clothing)
3. Make sure to always wear it on your **most outer clothing layer** (e.g. outside your jacket)
4. Wear it at all time except when
  - a. you would damage it (sports)

- b. during showering, bathing, sauna, swimming
  - c. at night when you sleep
5. Please log any non-wear time in the momentTUM App (see below for further instructions)

**!! When you take the light logger off, place it in this black velvet pouch and close the pouch tightly. The light logger won't be able to measure light when inside so we can better estimate that you took it off. !!**



Black velvet pouch for storage when not wearing during the day

## What to do at night when I sleep?

1. When you go to bed take the light logger off and press the event button (red LED light flashes briefly) ●

2. Place it right next to your bedroom temperature sensor with the light sensor facing upwards. Leave it there during the night.
3. Make sure to put it back around your neck in the morning after waking. To facilitate this just place it next to/on top of your phone (alternatively set a reminder in your alarm clock)
4. **Press the event button when you put it back around your neck in the morning (red LED flashes briefly)** ●

## What's the use of the event button?

**!! When you go to bed take off the light sensor and press the event button to indicate non-wear time (red LED light flashes briefly)** ●

**When you get up in the morning put it back on around your neck and press again the LED button to indicate the end of the non-wear time** ●!!

Only use the event button for non-wear time at night, not when you take it off during the day.

## How to log non-wear time?

- log non-wear time in the logbook of the **MomentUM App** under "non-wear logging" ↓
- when taking the light logger off, please place it in the black velvet pouch

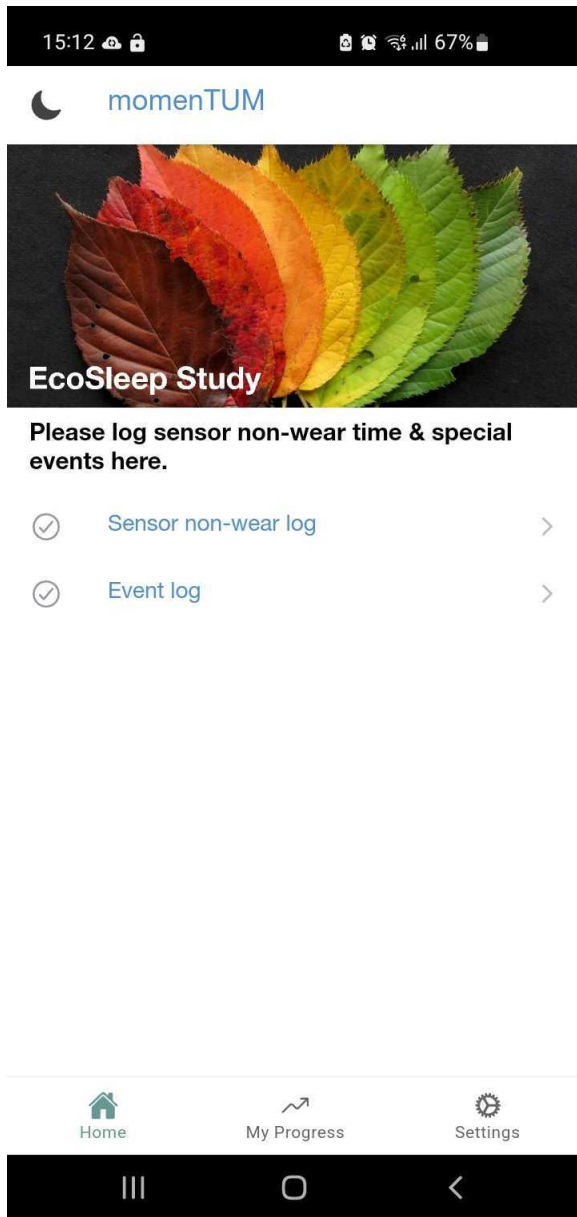


Figure 1 | Log non-wear time here in the Sensor non-wear section of momentTUM



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

## Where to download the momentTUM 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.