Ecological Momentary Assessment (EMA) Participant Guide

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General information

- The momenTUM administered EMA survey for EcoSleep study, inquires about the daily life activities and factors that you experience in your natural environment.

- You will receive notifications for filling out the survey 4x per day during the 3-day measurement session which happens once per month

- Pay close attention to the instructional text in each questionnaire

- After each survey starts you will have 4 hours to complete all questions but we prefer that you fill them out immediately after they appear in the app except for the evening questionnaire which you should fill out when going to bed or close to your bedtime

Time schedule

- Morning at 07:00

- Noon at 12:15

- Afternoon at 16:30

- Evening at 20:30

How to get started with momenTUM?

1. Obtain your study ID from the study lead. It is the **three-digit identification number** e.g. "100".

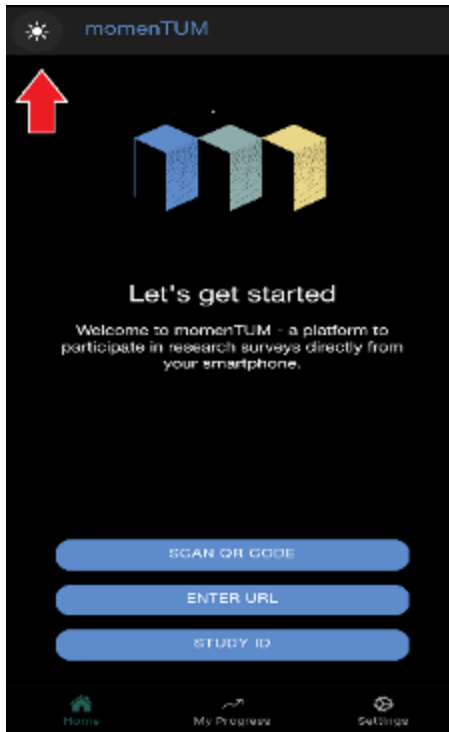2. Install the "momenTUM" app from the following link:
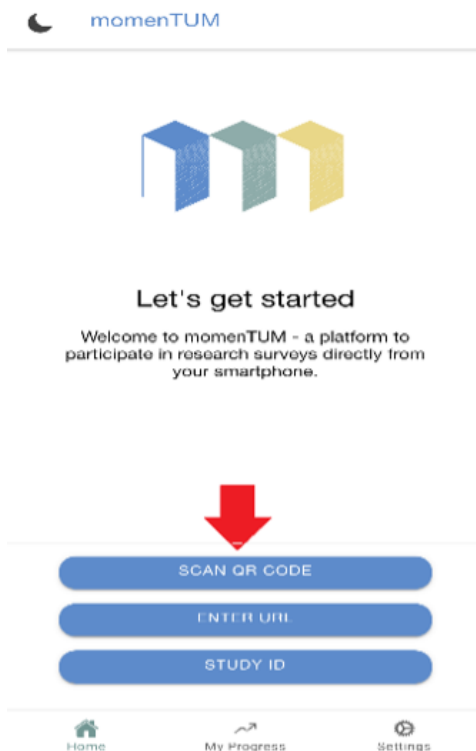
   - For Android:

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

   - For Apple:

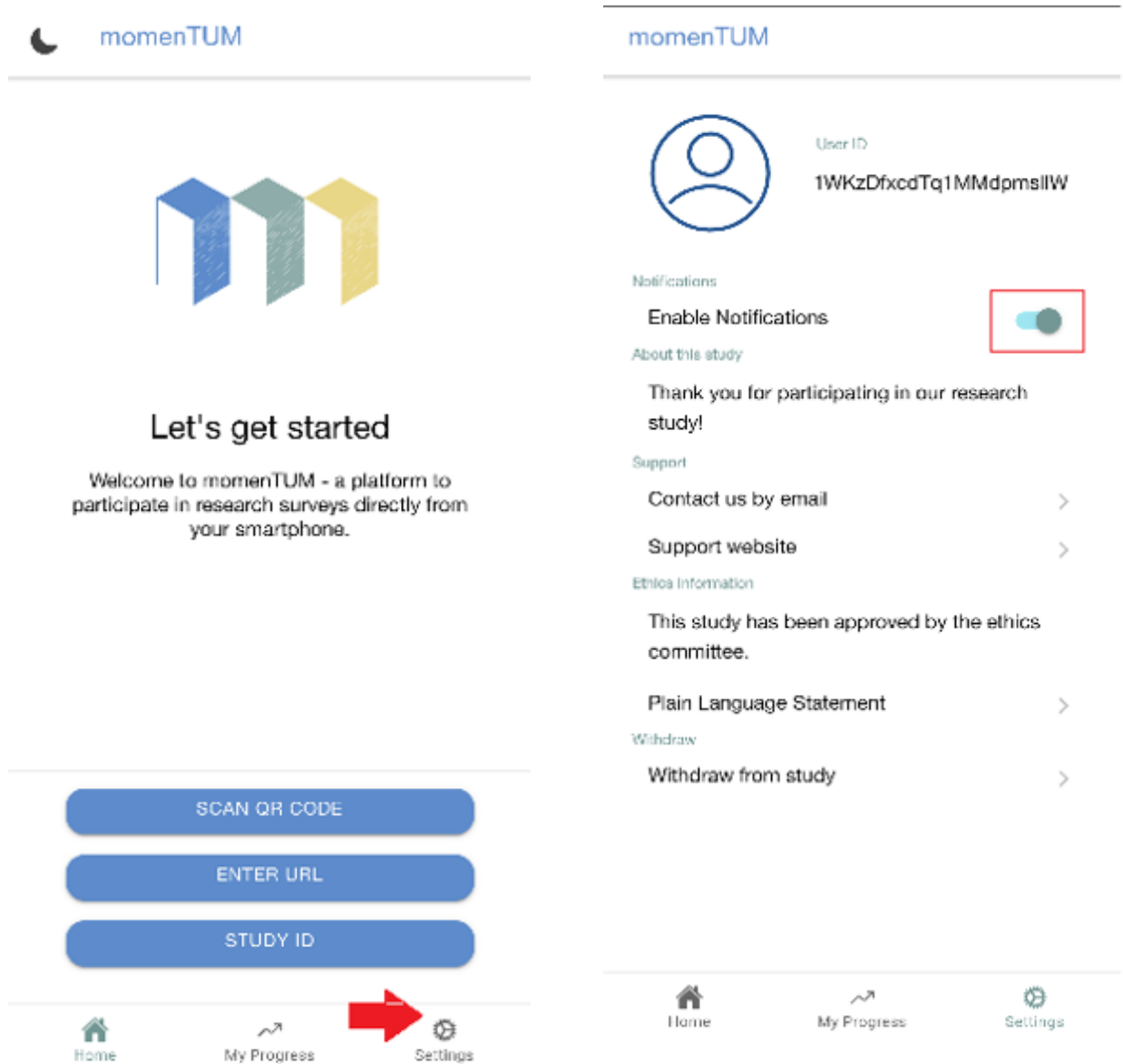   https://apps.apple.com/de/app/tum-momentum/id6444047291?I=en-GB

3. Optional but recommended: The app opens in dark mode by default. To improve visibility of survey text, we recommend turning on **light mode** by clicking on the crescent symbol, located in top left corner of the app.

4. Afterwards, on the homepage, you will find the different options to enroll. Use "SCAN QR CODE" option and scan the QR code we provide to you.

5. IMPORTANT! Once enrolled, go to "Settings" and toggle-on "Enable notifications". This is **important** since you will receive notifications to fill out the different questionnaires at their designated time.

5. Now, a list of surveys will appear under "Recent". These are the surveys you're supposed to fill out immediately when there are any in the list. They will stay

there for 4 hours

6. At the bottom of the screen you will find 3 permanent log sections where you can log non-wear time and special events, such as when you collect saliva samples.