



INSTRUCTIONS FOR THE PARTICIPANT SLEEP DIARY (PSD) FORM

I. General Instructions

The Participant Sleep Diary (PSD) form is the CDART form that corresponds with the paper Sleep Diary that participants complete at home as a part of the Accelerometry and/or Sleep Monitoring studies at ARIC Visit 11. All participants who are eligible for and consent to wearing the Actigraph LEAP, Sleep Profiler, and/or WatchPAT device(s) must complete the Sleep Diary.

The paper Sleep Diary should be returned with the Actigraph and/or sleep monitoring devices when the participant has finished the device wear period. If the participant is participating in both accelerometry and sleep monitoring **and** they are mailing the devices back separately, the diary should be returned with the accelerometer due to the longer wear period.

II. Detailed Instructions for Each Item

1-7. For each item, record the time the participant went to bed (a) and the time the participant got out of bed (b) each day. All times noted in the paper Sleep Diary should be recorded. If any are missing, mark the item corresponding with the missing time/day as Missing in CDART. Note, if the participant is only completing sleep monitoring and not accelerometry, it is likely that multiple days are missing.

For each day, check the box to indicate the devices the participant wore that day (Actigraph LEAP, Sleep Profiler, and/or WatchPAT).

Note, one item on the paper Sleep Diary is recorded in the Sleep Equipment Form (SEF). This is the checkbox that indicates which wrist the participant wore the WatchPAT device.

File Attachment

The paper Sleep Diary should also be scanned and attached to this form. The scanned file should be named ARICID_Visit11 (e.g., X123456_Visit11). Be sure to redact any PHI if the participant included any in the paper handout. To attach the scanned file to the PSD form, drag and drop the PDF into the file attachment space, or click the plus icon (+) to open the file explorer and select the scanned file.

