

WITHIN Sleep Tracking Study Video – Audio Transcript & Video Descriptions

Introduction

“Hi and welcome to the WITHIN sleep tracking study. In this short video we will demonstrate how to use your ActiWatch as part of the study. Please remember to also read the full information booklet to ensure you understand what to do for your sleep tracking period.”

[Introduction Screen – a banner in green yellow and black appears at the top and bottom of a white screen with the University of Warwick brand in the top right corner. The WITHIN study logo which has orange lettering spelling “within” and a small black outline of a side-profiled head appears to the top left. Inside the head is a speech bubble with 4 quadrants in purple, yellow, orange and black. The words “Warwick Study of Mental Defeat in Chronic Pain” are in italics underneath. In the centre of the screen reads “Sleep tracking study: How to use the ActiWatch” with a picture of a black watch-like device underneath. At the bottom of the screen text reads “welcome to the WITHIN sleep tracking study. In this video we will show you how to use the ActiWatch.”]

Step 1

“Step 1, receiving your watch. In your pack you will receive your welcome letter, the sleep tracking information booklet the watch encased in protective packaging, and an A5 padded envelope for returning the watch after your tracking period has ended.”

[Step 1 appears in text on-screen, in the middle of a white background with the black green and yellow banner to the top and bottom.. The next screen is shows an image of the contents of the Information Pack laid out on a wooden countertop. The contents include: an A4 welcome letter, an A5 information booklet, a translucent box which contains the ActiWatch inside and a brown A5 envelope with the Warwick Lab address on it.]

“Simply open the box and take out the watch, which has been pre-cleaned and wrapped in recyclable tissue paper in our lab. We have also included 2 disinfectant wipes for you to use.”

[The box is opened to reveal the watch wrapped in tissue paper with an adhesive “cleaned on/by” label. There are also two disinfectant wipes that are individually wrapped.]

“We recommend wiping down the watch prior to wearing, but if you do not wish to do so, you can skip this step. Unwrap the tissue paper to reveal the watch. Then take one of the disinfectant wipes and wipe down your watch, as shown.”

[The tissue paper is unwrapped to reveal the ActiWatch, then one of the wipes is unpackaged and a demonstration of wiping the watch with the disinfectant wipe appears on screen. The strap and

central panel are wiped on both the front and the back of the watch before the camera zooms in to show the cleaned watch.]

Step 2

“Step 2 – how to wear the watch. Now that you have unpacked the watch, you need to put it on your non-dominant wrist. Your non-dominant wrist is the side you do the least with, so the opposite side to which you hold a pen for example. Fasten the watch so the main panel is snug against the top of your wrist as shown. You want it to be comfortable but not too loose so that it moves around. The watch will need to stay on your wrist for the duration of the tracking period.”

[Step 2 appears in text on-screen, in the middle of a white background with the black green and yellow banner to the top and bottom. The next video clip is a first-person view of someone putting on the watch onto their left wrist. They fasten the strap and adjust the watch so it is comfortable. A still image then appears on screen showing the person’s left-hand palm-facing with the watch fastened.]

“Please try to ensure as much as possible that the panel of the watch is outside your sleeve or cuff. This is to ensure we can capture information such as the daylight settings throughout your tracking period.”

[A still image of the watch fitted on the same person’s left hand shows the back of the hand with the watch on the wrist. Their sleeves are halfway down their forearm so the watch is not covered by them. The main panel of the watch is in the centre of the wrist and is snugly fitted.]

Step 3

“Step 3 – pressing the event marker. To press the event marker you need to firmly push down the middle raised section of the watch as shown. A little red light should blink to register you have pressed it. If this light is not shown you will need to repress the event marker.”

[A video clip of the same first-person view shows pressing the event marker while wearing the watch. The event marker is a middle button in the centre of the watch. The watch has a light sensor to the right of the event marker, and a status indicator to the left. When pressed first, the status indicator blinks red for 1-second before the person gives a thumbs up to camera. In a second video clip showing the same action, the red light is not shown.]

Step 4

“Now that you know how to use the Actiwatch, we are going to show you how to set up Survey Signals. This is so that you will receive daily text messages during the tracking period containing the links to your morning sleep diary and the 3 short surveys to do at different points throughout each day.”

[The number 4 appears in the top left corner of a white background with the black green and yellow banner to the top and bottom. On screen text reads: “sleep tracking study: how to set up survey

signal. In the next part of the video we will show you how to set up survey signal.”

There is a picture of a generic smartphone with the Survey Signal homepage on the screen of the phone.]

“To set up survey signals, you will need to use the link provided in the email we have sent you. If you can’t find your sign up link, please get in touch with us as soon as possible – as you must sign up to survey signals the day before you complete your first sleep diary. Simply click the link and you will be redirected to a webpage that looks like this. This is the Survey Signal set up page, where you will need to fill out your details such as your name, email address and smartphone number. Please leave the default UK time zone settings. Once you have filled out your details, press opt in at the bottom.”

[A generic computer screen appears on a white background with the black, green and yellow Warwick banner at the top and bottom. The computer screen image shows the Survey Signals set up page which has a sign-up form on screen. The form shows fields to enter the following information in: first name, last name, email, smartphone number. There are two further options which show United Kingdom and GMT time zone already selected.]

“It may take a few minutes to arrive, but you should then receive a text message to the phone number you entered. The message will look like the one here, and contain a link to enrol on the WITHIN study. It is really important that you click this second link otherwise you will not receive the study content!”

“Clicking the link will take you to a page that looks like this, and that’s it! You have now verified your number and are enrolled in the WITHIN study!”

“To confirm your enrolment, you should also get a thank you text message from survey signals.”

[The next few slides have the white background and black, green and yellow Warwick banner at the top and bottom. There is a large image of a mobile phone screen in the middle which shows a text message from survey signals. There is an envelope icon and the text “you have one new message!” to the left of the phone. The envelope icon then disappears and in place the survey signal homepage appears with the text “Program opt in. Thank you for verifying your phone.” Then a large tick box in black appears over this image. On the phone, a new text message underneath the previous one appears saying “thank you for verifying your phone”.]

Step 5

“Now that you are enrolled, and have set up your Actiwatch successfully your sleep tracking period can commence! On the first evening, that is the day that you receive your watch, you won’t have to do anything other than wear the watch to bed. Remember to press the event marker when you are ready to sleep!”

[The number 5 appears in the top left of a white background with the black, green and yellow Warwick banner to the top and bottom. In the middle the following text appears above a sleeping cat caricature illustration “Sleep tracking study: All set up, ready to go!”. Underneath the cat image, the text reads: what happens after set up & enrolment?]

“The following morning, you will press the event marker to signal when you are getting out of bed to start the day. You will receive your first text message after your usual wake-time. Please note that this time will be dependent on what you told our research time during your tracking participation phone call and this will be the same each day of the tracking period. Your first daily text message will look like the one shown in the example here. You need to click the link in the text message which will take you to your first sleep diary to fill out. Once filled out, carry on with your usual day or routine as normal. At various time points throughout the day, you will receive 3 more text messages, each containing a link to one of our short surveys that we need you to complete. This pattern of text messages will repeat at the same time, each day for the 7-day tracking period.”

“For example, if you wake up at 8 O’clock in the morning, your text containing the link to the sleep diary will come around 8.30. Then the first survey text will arrive around 11am, the second around 1.30 and the final daily survey will arrive at 4pm. It is important to note that you must try and complete the diary and short surveys as soon as possible after they arrive, as the links will expire after a certain amount of time as indicated in each message. If you do miss a time point, please don’t worry you will not impede the results of the study, but try to remember the next one! If for any reason the link in your text message does not work, refer back to your emails from our team where we will have already sent you all the links as a back-up, OR simply get in touch with us and we will be happy to provide individualised help.”

[A white background with the black green and yellow banner to the top and bottom contains a graphic timeline with various arrows and illustrations. To the left is a mobile phone with a sample text message from Survey Signals and a picture of the Actiwatch. The timeline next to this starts with an illustrated sun and an arrow coming downwards to text reading “rise and shine! Press the event marker to signal you are getting out of bed”. The next arrow on the timeline points up to descriptive text reading “receive text message notification to complete your sleep diary entry”. The next arrow points down to descriptive text “receive text message notification to complete 1st short survey of the day”. The next arrow on the timeline points up to descriptive text “receive text message notification to complete 2nd short survey of the day”. The next arrow on the timeline points down to descriptive text “receive text message notification to complete 3rd short survey of the day”. The final arrow coming from the timeline points down to “z z z... press the event marker when you are ready to sleep” under a moon and stars illustration. There is a circle to the right of this encasing text “keep the watch on while you sleep!” along with a sleeping emoticon. The timeline ends with the word “repeat!”]

Step 6

“Step 6 – returning the watch. After your tracking period has finished, you need to repackage the watch for returning to the Warwick Sleep and Pain Lab. On Day 9 remove your watch and use the second disinfectant wipe to clean the watch as shown. Once wiped, you will need to fold the strap as demonstrated. Then place the watch in the box, and ensure the lid firmly clicks shut.”

[Step 6 returning the watch appears on screen. A video clip shows the opened watch box, ActiWatch and the second individual wrapped disinfectant wipe on a wooden countertop. First-person view shows someone’s hands wiping the watch down on both sides using the opened disinfectant wipe, before moving the empty watch box closer to view. Using two hands the watch is picked up and the strap folded in half and threaded through the loop. Then the watch is placed in the box and the lid shut.]

“All that’s left to do now is place the packaged watch in the A5 padded envelope included in your information pack. Make sure you seal the envelope securely! We will have arranged a driver via the Parcel Force courier service to pick up the watch on your last day of tracking. This is to ensure that the watch is returned safely back to the sleep and pain lab. We will send you an email confirmation of your pick up date and time, along with a reference number for the prepaid postage which your driver may ask you to confirm at pick up. Your driver will have the label already for you, so there is no need to print anything at all. Simply hand over the sealed envelope, and that’s it! Once the watch arrives back to us at the Warwick Sleep and Pain Lab we will process your sleep tracking data and then we will be able to send you your sleep tracking breaking certificate and a thank you voucher for participating via email.”

[The next screen is a graphic display showing a three-step process with arrows on a white background with the black green and yellow banner to the top and bottom. The left-hand side has a picture of the A5 brown return envelope with the Warwick Sleep & Pain Lab address on. And the following text underneath: ‘after cleaning the watch and packaging it into the box, place it into the padded A5 envelope. Make sure you seal the envelope securely!’ The middle image is of an illustrated house and delivery box on wheels, along with the Parcel Force logo in red. Above the image, text reads: ‘We will have arranged a courier driver (Parcel Force) to pick up the watch on your last day of tracking. This is to ensure the watch is returned safely to the Sleep & Pain Lab’. Below the image reads: ‘ We will send you an email confirmation of your pick-up date/time and a reference number for postage which your driver may ask you for – your driver will have the label so there is no need to print anything!’ the right-hand image is a photograph of the inside of the sleep and pain lab, the back wall has Warwick Psychology Laboratories written on it in large navy text and picture frames hang along the corridor. There are two red chairs outside a white wall and a wooden door on the right which has signage saying ‘Sleep and Pain Laboratory’. Text beneath the photo reads: ‘Once processed at our lab, we will send you your sleep tracking breakdown and voucher for participating!']

Thank you for watching

“Thank you for watching our video guide to the WITHIN sleep tracking study. If you have any questions please get in contact with us and a member of our team will be happy to help you.”

[Thank you for watching appears in text on a white background with the black green and yellow banner to the top and bottom. The WITHIN study logo and the University of Warwick brand are at the top left and right corners. There are contact details in the middle and a blue box with the telephone number and email address for the WITHIN team is on screen. The Telephone number reads: 07385600421 (Monday to Friday 9am-4pm) and the email address is: withinstudy@warwick.ac.uk.]