

Daysimeter™ Subject User's Guide

Thank you for participating in this study. As a study participant, you will be wearing the Daysimeter, a device that measures how much light you see.

If you have any questions about using the Daysimeter, please contact _____.

When you receive the Daysimeter

Watch for the flashing red light. On the inside of the Daysimeter, a tape-covered opening shows a small red light that flashes quickly once every 30 seconds. Watch for the red flash. The flash is quite faint and brief, so it may be best viewed in a dark room. This flash indicates that the Daysimeter is working. Check the Daysimeter daily to make sure the red light is still flashing.

Adjust the sensor to align with your eye. The sensor should be flush with your temple, pointing straight out. Put on the Daysimeter and look in a mirror to adjust the position of the sensor. The sensor should align with your eye. Loosen the nut slightly on the headband using the driver provided and adjust the angle of the Daysimeter sensor. Do not remove the nut, as it is awkward to replace. Do not over-tighten the nut. Just make it tight enough to keep the sensor in place. Check daily for any needed adjustments. Usually, the sensor can be moved up and down slightly without loosening the nut.

Wearing the Daysimeter

Record the date and time that you first begin wearing the Daysimeter. Use the other side of this sheet to record when you begin wearing the Daysimeter.

Wear the Daysimeter for the time period designated. You should wear the Daysimeter during all waking hours, except when removal is necessary for bathing, safety, or other critical reasons. Keep the Daysimeter by your bedside at night. See How to Wear the Daysimeter below for more information.

Record your major activities each day. Use the other side of this sheet to record your major daily activities, including time of day, location, and type of lighting (e.g., 7:30 a.m., driving to work, bright sun in my eyes; 10 a.m., work meeting, dim conference room; 6 p.m., grocery store, normal indoor lighting). *If there is any time during which you must remove the Daysimeter, record this on the activity sheet.*

How to Wear the Daysimeter

Sleeping. Place the Daysimeter on a nightstand or near your bedside while sleeping. If you wear a sleep mask, cover the Daysimeter with a cloth or place it in a drawer.

Bathing. Do not wear the Daysimeter in the shower or bath. Place it on the bathroom counter. Do not allow the Daysimeter to get wet or immersed in water.

Hats and sunglasses. You may wear a hat or sunglasses while wearing the Daysimeter. Baseball caps and hats with brims are fine. If you wear a pullover knit hat, do not let the hat cover the sensor. Record on your activity sheet when you wear a hat or sunglasses.

Hair. Try to keep your hair away from and not covering the sensor.

Driving. If the Daysimeter is distracting while driving, please remove it for your safety.

Exercise. You may exercise or run while wearing the Daysimeter. Check the alignment of the sensor afterwards.

Inclement weather. A light drizzle, cold weather, and snow will not hurt the Daysimeter, but try to keep it dry.

Sterile environments. The Daysimeter can be worn in sterile environments, such as an operating room.

Returning the Daysimeter

Package the Daysimeter and return it to the research group. Package the Daysimeter and the driver back in the box in which they came. Affix the postage-paid return label provided and drop it in the mail.



