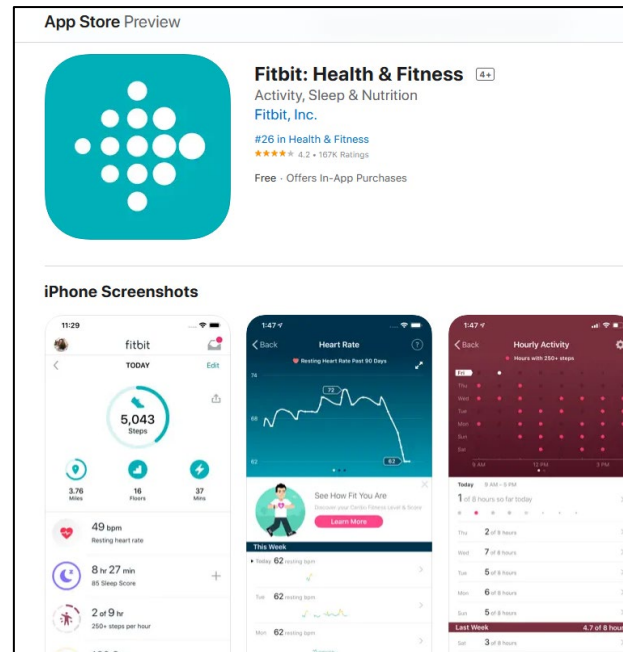


Using HypKnowledge for the SLUMBRx Study – User Guide

FitBit & HypKnowledge Password: SLUMBRx-ZZZ

Setting Up Inspire 2 FitBit for SLUMBRx Study – User Guide

- Please download the FitBit App to your phone using either Google Play (Android) or the App Store (Apple).



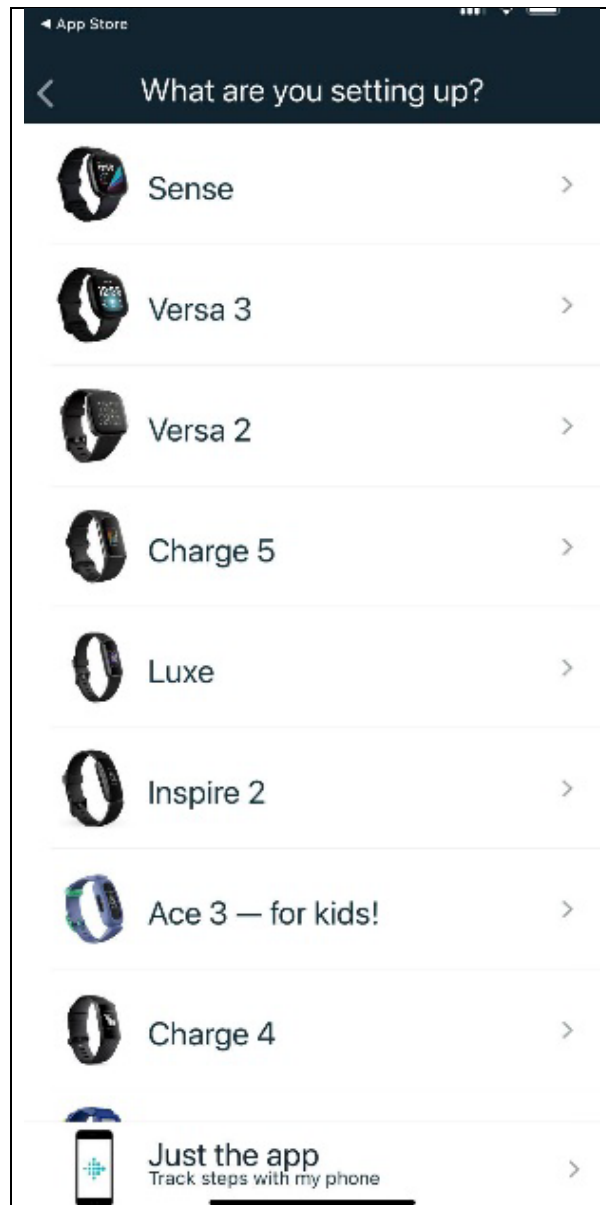
- Open the FitBit App and begin the set up process.
- Please use **the e-mail address you registered for the SLUMBRx study.**
- Please use the FitBit password: **SLUMBRx-ZZZ**
- Your phone may prompt you to use an auto-generated “strong password.” Please do not select this option, instead, please use the password provided for SLUMBRx.*

The image shows the 'Sign Up' screen in the Fitbit app. At the top, there is a back arrow and the Fitbit logo. Below the logo, the text 'Sign Up' is displayed. The screen contains several input fields: 'First name' with the value 'Adam', 'Last name' with the value 'Knowlden', 'Email address' with the value 'aknowlden@ches.ua.edu', and 'Password'. The password field has a yellow highlight and the text 'Strong Password' to its right. Below the password field, there is a checkbox that is checked, followed by the text 'I agree to the Fitbit Terms of Service.' and links for 'Terms of Service', 'Privacy Policy', and 'Cookie Use'. There is also an unchecked checkbox for 'Keep me updated about Fitbit products, news, and promotions.' At the bottom of the screen is a large teal button labeled 'Next'.

Using HypKnowledge for the SLUMBRx Study – User Guide

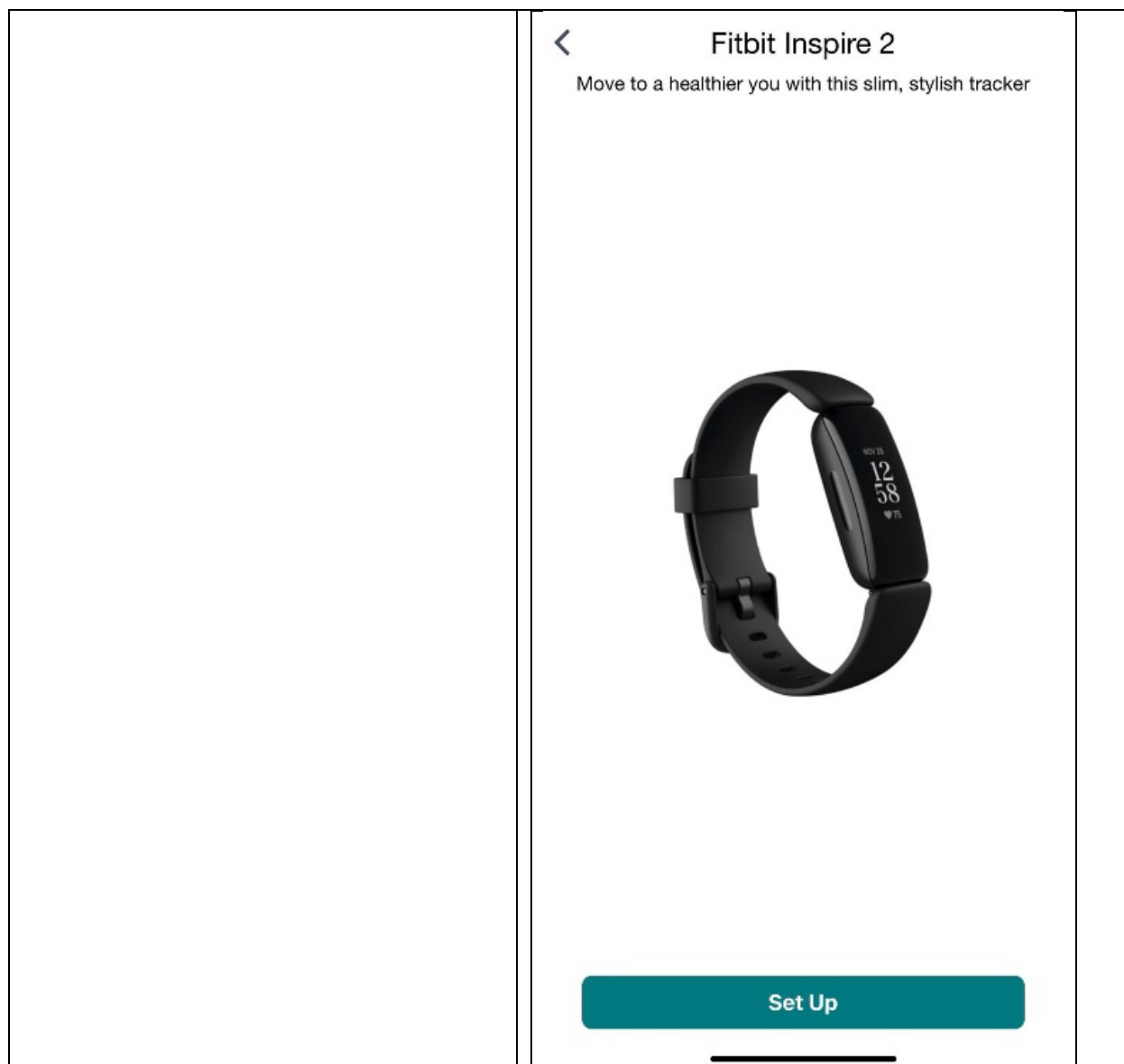
FitBit & HypKnowledge Password: SLUMBRx-ZZZ

- When you move through the FitBit set up, please select the **Inspire 2** model.



Using HypKnowledge for the SLUMBRx Study – User Guide

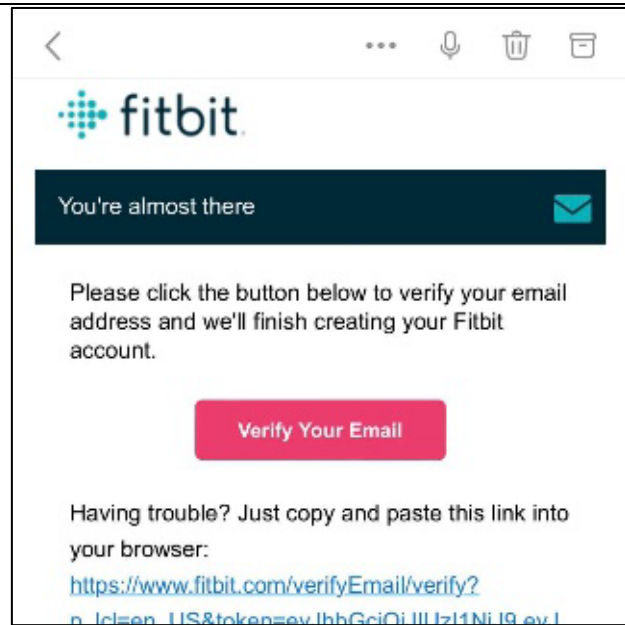
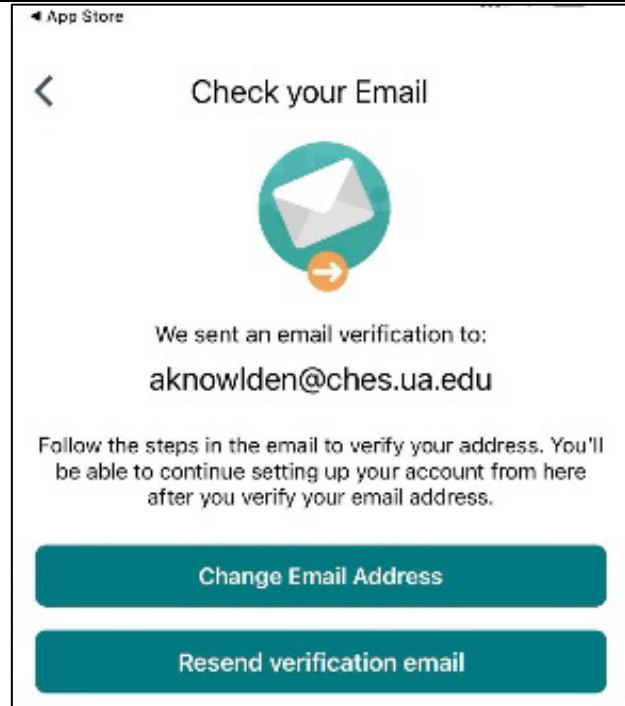
FitBit & HypKnowledge Password: SLUMBRx-ZZZ



Using HypKnowledge for the SLUMBRx Study – User Guide

FitBit & HypKnowledge Password: SLUMBRx-ZZZ

- Please sign up for FitBit using the email address you provided when you applied to be a participant of the SLUMBRx study.
- Please contact Dr. Knowlden as soon as possible if you would like to use a different email address other than the email address you submitted as part of your application to participate in SLUMBRx.
- Otherwise, we will use the email address you provided to set up your account with HypKnowledge; the Web-App you will sync your FitBit to for each day you participate in SLUMBRx.



- ✓ *That's it!* Once you have completed the initial set up of your FitBit, we will help you sync your FitBit to the HypKnowledge Web-App during your visit.
- ✓ Please be sure to bring a copy of your FitBit login information with you on the day of your visit.

Using HypKnowledge for the SLUMBRx Study – User Guide

FitBit & HypKnowledge Password: SLUMBRx-ZZZ

Setting up HypKnowledge for the SLUMBRx Study – User Guide

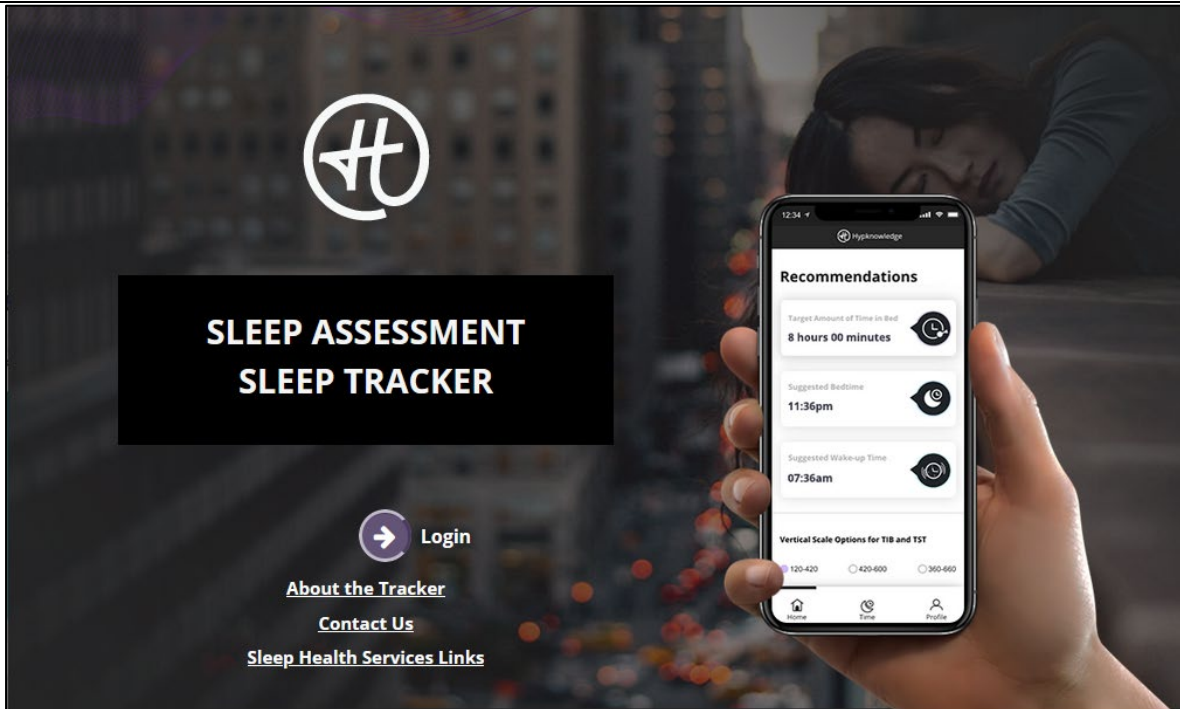
- [HypKnowledge](#) is a Web-based App designed to organize the health data from your FitBit. This app is a key part of the SLUMBRx study, so we appreciate your effort to complete the daily tasks required for this study.
- Please contact Dr. Knowlden if you would like to use a different email address other than the email address you submitted as part of your application to participate in SLUMBRx. Otherwise, we will use the email address you provided to set up your account with HypKnowledge; the Web-App you will sync your FitBit to for each day you participate in SLUMBRx.
- As the HypKnowledge Web-App works with FitBit, it is important to keep your *Inspire 2* FitBit on throughout the duration of the SLUMBRx study.
- Your FitBit is waterproof so you can wear it in the shower.
- Since the health information we are collecting is the main part of the study, if you do need to take your FitBit off for any reason, please put it back on as soon as possible.
- Please make sure your FitBit is on each night you participate in SLUMBRx so that it can record your sleeping patterns.
- Please do not alter your sleep habits due to wearing the FitBit. We are interested in your natural sleep habits. Your sleep health information will be separated from your name to keep your information confidential and secure.
- Your FitBit will be fully charged when you arrive for your initial visit. The charge may last for the full week of the study. However, a charger has been provided in case you do need to re-charge your FitBit.
- If you need to charge your FitBit, please **do not** do so overnight or when you lay down for a nap, as we are mainly interested in collecting your sleep health information for the SLUMBRx study.
- We recommend re-charging when you are sedentary for work-related purposes. This will help make sure you don't fall asleep while it is re-charging, but you also will not be very active during this time and miss counted steps (the FitBit also tracks your total daily steps).
- Immediately after charging your FitBit, please put it back on immediately. If there are any issues with your FitBit or it is not holding a charge, please contact Dr. Adam Knowlden at any time at 205-650-9026 (cell).
- We used the email address you provided when you enrolled in SLUMBRx to set up an account for you with HypKnowledge. We provided you with your password during your visit. **Please do not change your password.**

Using HypKnowledge for the SLUMBRx Study – User Guide

FitBit & HypKnowledge Password: SLUMBRx-ZZZ

- Each day you participate in SLUMBRx, please log on to the HypKnowledge website with either a Personal Computer, Laptop, or Tablet, using the email and password set up for you during your visit. While there is a HypKnowledge phone app available, it is not fully functional for use currently.

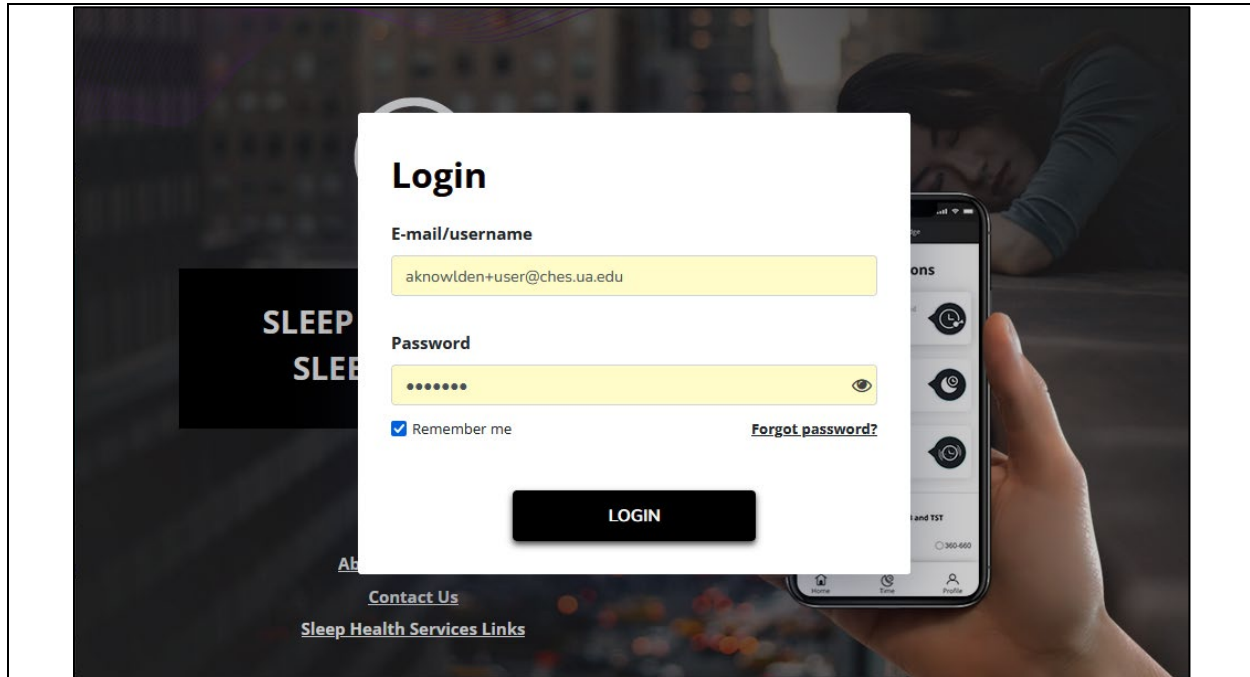
- Visit the [HypKnowledge](#) Web site.



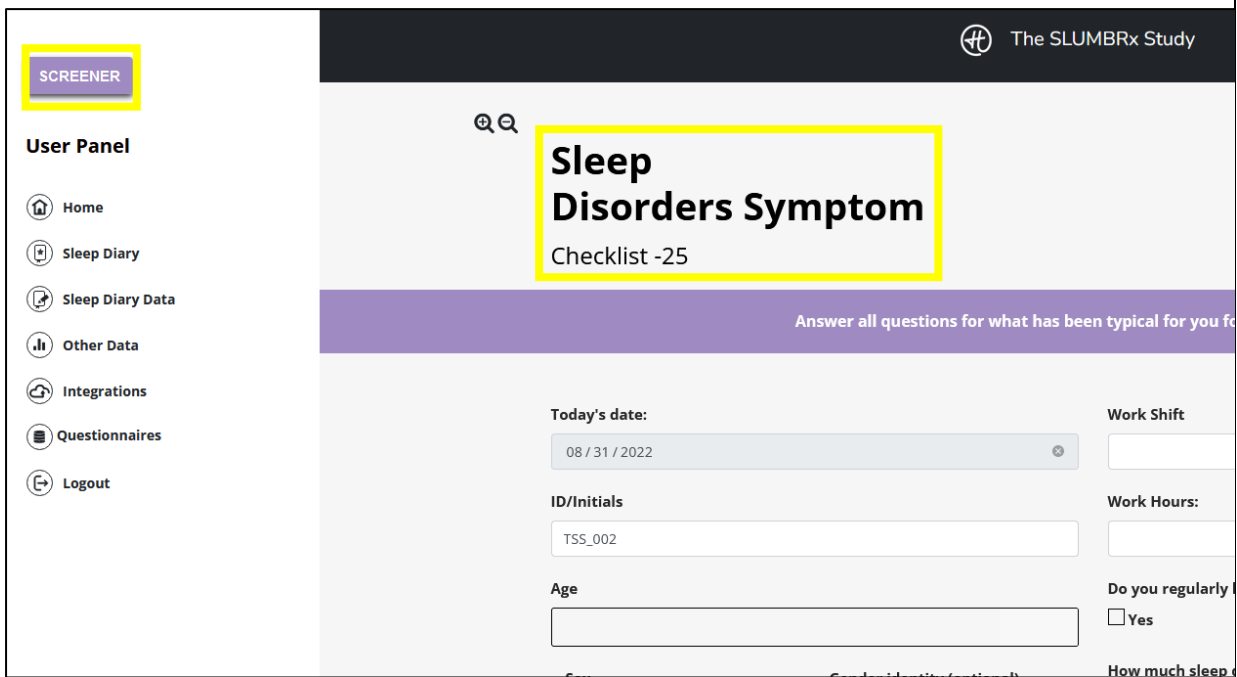
- Log on to the HypKnowledge Web-App using the e-mail you provided with your SLUMBRx study application, and the password provided to you during your visit to the Kinesiology Lab.
- Before you log in, you can select the “Remember Me” box so that you do not need to enter your log in information each time you visit the site.
- Your HypKnowledge password is: **SLUMBRx-ZZZ**

Using HypKnowledge for the SLUMBRx Study – User Guide

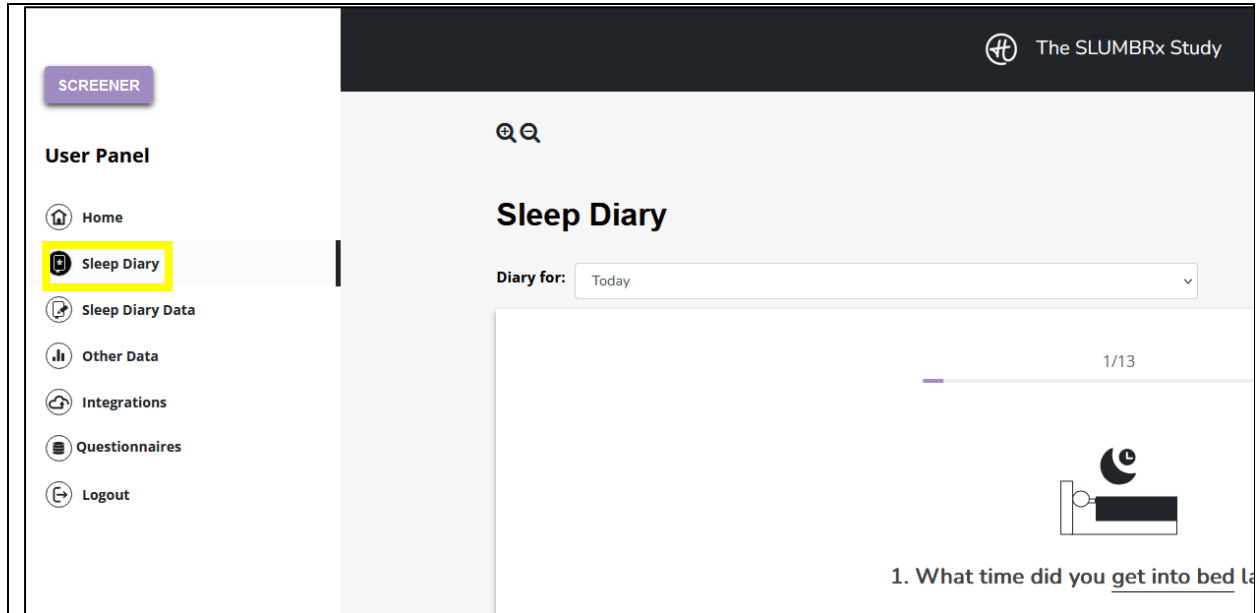
FitBit & HypKnowledge Password: SLUMBRx-ZZZ



- Once you log in, please press the purple “Screener” button on the left side of the screen.
- Please complete the *Sleep Disorders Symptom Checklist-25*. You only need to complete this screener **one** time.



- Next, press the “Sleep Diary” button under the User Panel, on the left side of the screen.

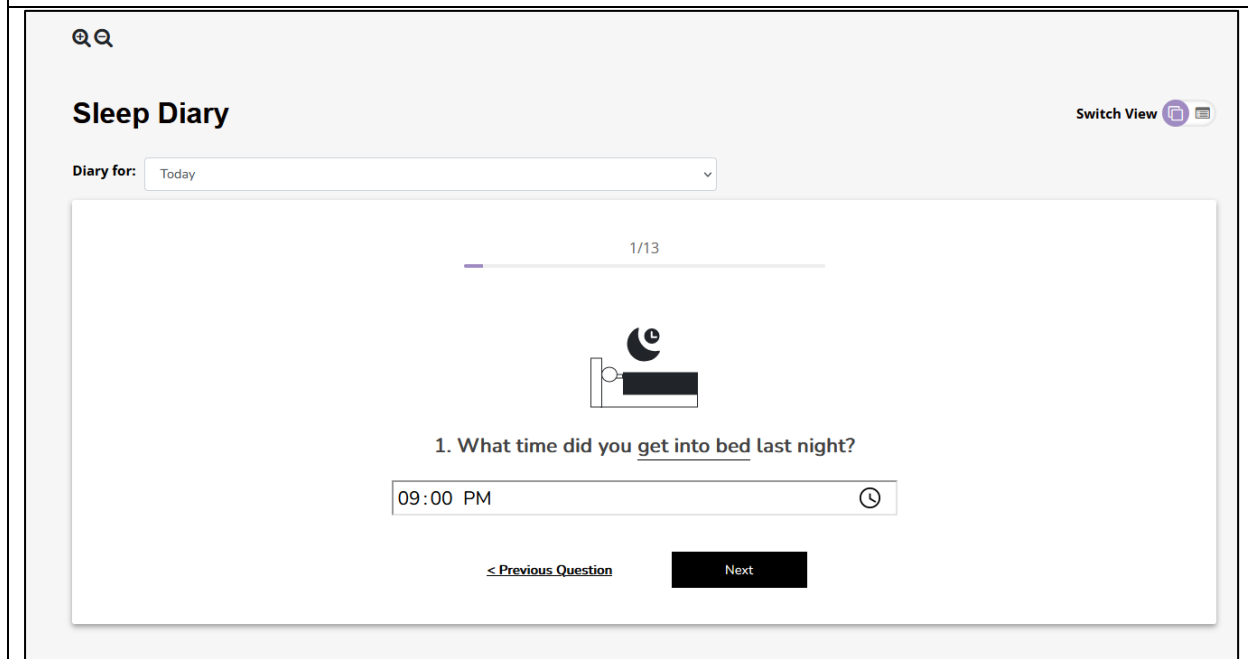


The screenshot shows the 'User Panel' on the left with a 'SCREENER' button at the top. The 'Sleep Diary' option is highlighted in the menu. The main content area is titled 'Sleep Diary' and includes a 'Diary for:' dropdown set to 'Today'. A progress bar shows '1/13'. Below the progress bar is an icon of a bed with a clock. The first question is '1. What time did you get into bed last night'.

✓ Please complete the sleep diary first thing upon awakening, **EACH DAY** you participate in SLUMBRx (one-week, from Thursday to Thursday, unless otherwise stated).

✓ It is vital to complete the sleep diary upon awakening **each day** for accuracy.

- You may complete the sleep diary in two formats.
- Either with each question presented one question at a time...



This screenshot shows the 'Sleep Diary' interface with the first question: '1. What time did you get into bed last night?'. The answer is entered as '09:00 PM' in a time picker. At the bottom, there are buttons for '< Previous Question' and 'Next'. The 'Switch View' button is in the top right corner.

Using HypKnowledge for the SLUMBRx Study – User Guide

FitBit & HypKnowledge Password: SLUMBRx-ZZZ

- Or you may the Switch View option, which presents all the questions on a single screen.

Sleep Diary

Switch View

Diary for: Today

1. What time did you get into bed last night?

09:00 PM

2. What time did you begin trying to fall asleep ?

09:00 PM

3. How long did it take you to fall asleep? *

minutes

It took me 0 hour/s and 0 minute/s to fall asleep.

4. How many times did you wake up not counting your final waking time?

times

You woke up time/s.

5. What time did you wake for good?

06:00 AM

6. Was 06:00AM earlier than you wanted to wake up?

☐ Yes

8. How would you rate the quality of your sleep?

0

1

2

3

4

POOR

EXCEPTIONAL

9. How rested or refreshed did you feel this morning?

0

1

2

3

4

NOT AT ALL

VERY

10. Yesterday (from morning until 6pm) how many times did you nap?

naps

11. Last night (6pm to bedtime) did you fall asleep or doze for any period of time prior to going to bed (i.e. while watching TV or reading)?

☐ Yes

☐ No

12. Was there anything about last night that made your sleep atypical, far worse or better than usual (e.g. sickness, had sick child, bed partner absent, power outage, travel, use of sleeping pills)

- Once you finish your daily sleep diary, please press the “FINISH” button.

Using HypKnowledge for the SLUMBRx Study – User Guide

FitBit & HypKnowledge Password: SLUMBRx-ZZZ

3. How long did it take you to fall asleep? *

minutes

It took me 0 hour/s and 0 minute/s to fall asleep.

4. How many times did you wake up not counting your final waking time?

times

You woke up time/s.

5. What time did you wake for good?

06:00 AM

6. Was 06:00AM earlier than you wanted to wake up?

☐ Yes

☐ No

7. What time did you finally get out of bed?

06:00 AM

0

1

2

3

4

NOT AT ALL

VERY

10. Yesterday (from morning until 6pm) how many times did you nap?

naps

11. Last night (6pm to bedtime) did you fall asleep or doze for any period of time prior to going to bed (i.e. while watching TV or reading)?

☐ Yes

☐ No

12. Was there anything about last night that made your sleep atypical, far worse or better than usual (e.g. sickness, had sick child, bed partner absent, power outage, travel, use of sleeping pills or supplements, etc.).

☐ Yes

☐ No

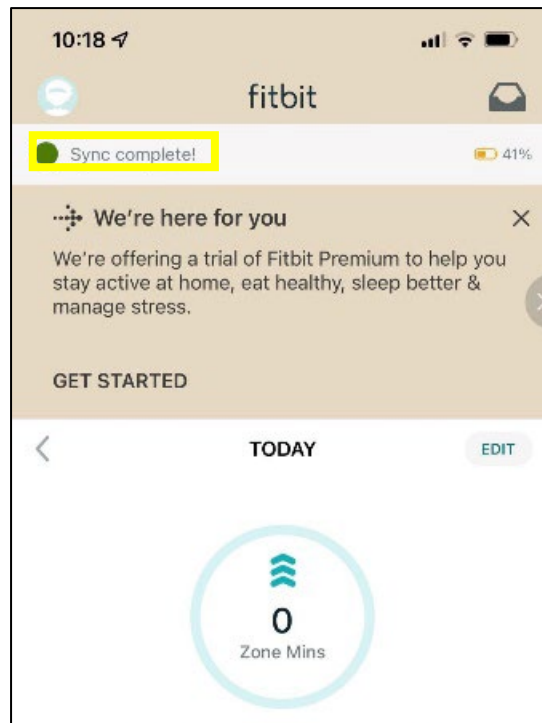
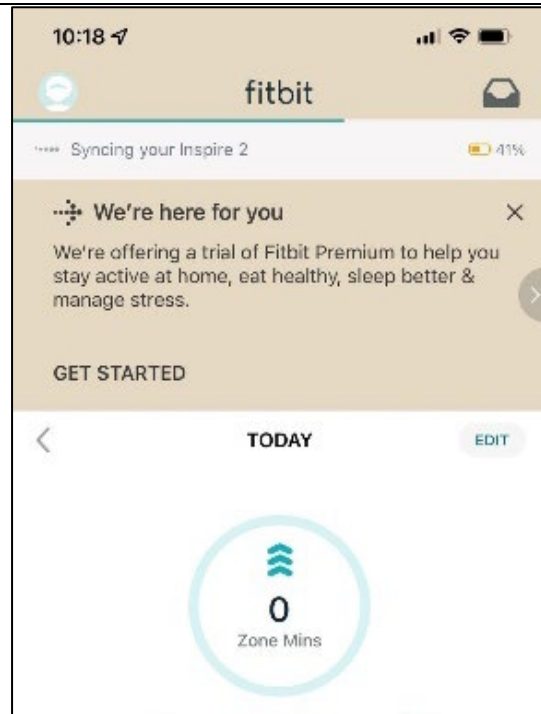
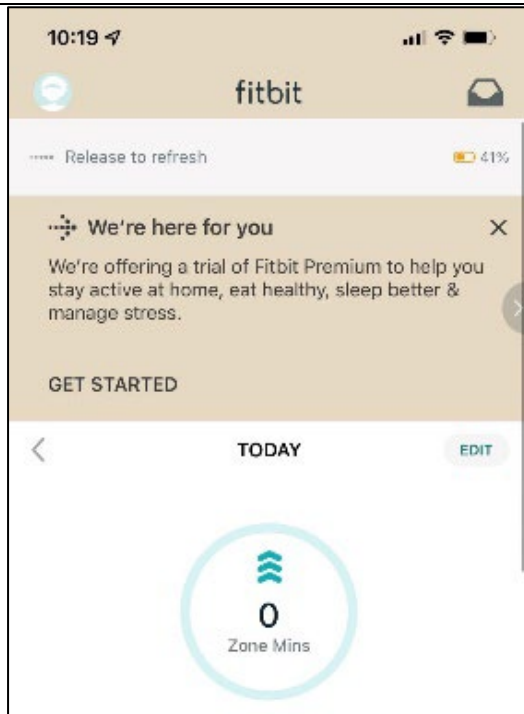
13. Overall, how was your sleep last night?

Finish

- Next, we will begin the process of syncing your FitBit to the HypKnowledge Web-App.
- Begin by syncing your phone to your FitBit.
- To do so, open the FitBit app on your phone.
- Next, pull your screen down using the touch screen feature of your phone, and release.
- Your FitBit will then sync to the FitBit app.

Using HypKnowledge for the SLUMBRx Study – User Guide

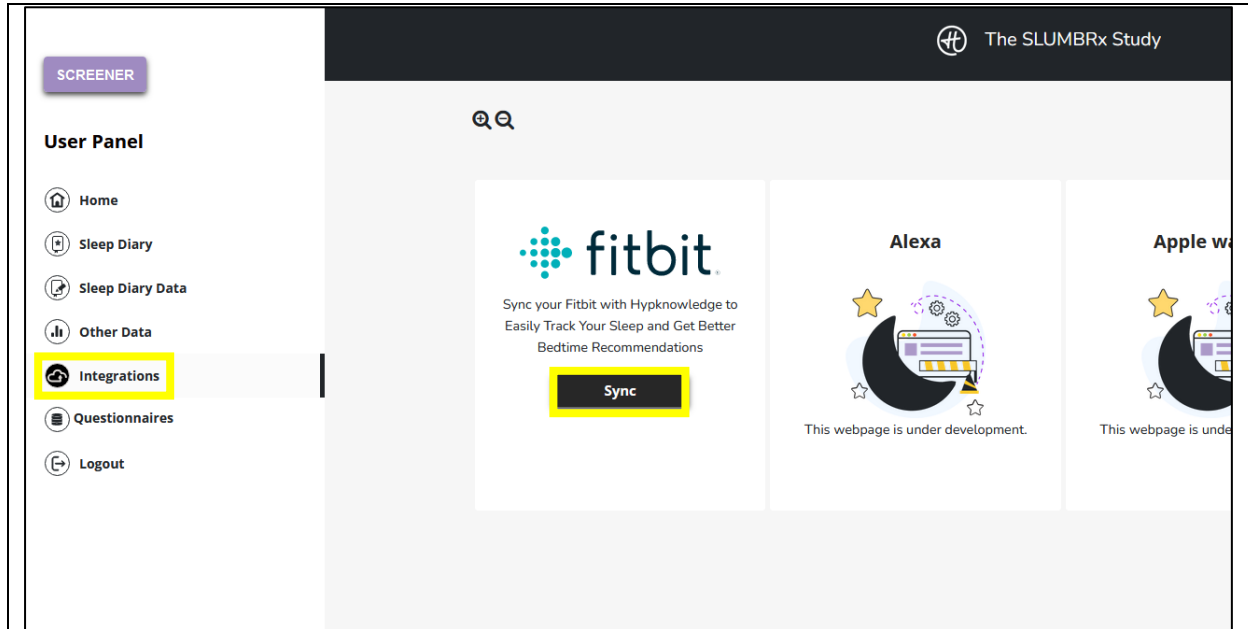
FitBit & HypKnowledge Password: SLUMBRx-ZZZ



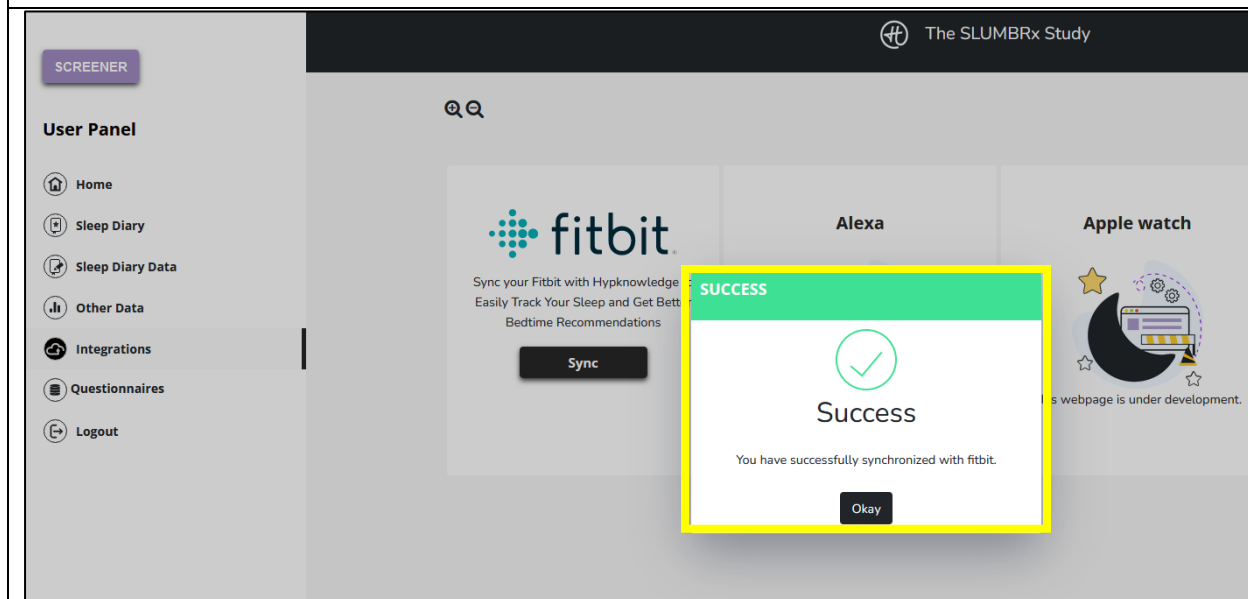
- Go to the User Panel on the HypKnowledge Web-App
- Press the Integrations button, and then press the Sync button under the FitBit icon.

Using HypKnowledge for the SLUMBRx Study – User Guide

FitBit & HypKnowledge Password: SLUMBRx-ZZZ



- This will sync your FitBit to the HypKnowledge Web-App.
- The first time you sync your FitBit with HypKnowledge you will need to enter your FitBit log in information.
- Please sync your FitBit to the HypKnowledge Web-App each day after you complete your sleep diary.



- ✓ Press the “Other Data” button under the User Panel to double check your FitBit synced with the HypKnowledge Web-App

SCREENER

User Panel

Home

Sleep Diary

Sleep Diary Data

Other Data

Integrations

Questionnaires

Logout

The SLUMBRx Study

Adam Knowlden

Other Data

Fitbit

Alexa

Apple watch

Philips Actiwatch

Show

10 entries

Search

Log Date ↑↓	Log Time	TTB	TTS	SL	NWAK	WASO
07-06-2022		00:57:00	00:57:00	9	22	56
07-05-2022		02:49:30	02:49:30	5	25	47
07-04-2022		04:19:00	04:19:00	0	13	21
07-03-2022		02:02:00	02:02:00	0	23	45
07-01-2022		01:42:30	01:42:30	2	14	26

- ✓ Please sync your FitBit to your phone and to the HypKnowledge Web-App immediately after you complete your sleep diary, EACH DAY you participate in SLUMBRx (Thursday morning to Thursday morning, unless requested otherwise).
- ✓ It is important to sync your FitBit to HypKnowledge each day, right after you complete your diary sleep diary, for accuracy.
 - ✓ Trouble shooting
- ✓ Please install any updates available for your FitBit. Failure to install pending updates can cause the battery to drain unusually fast.
- ✓ Sometimes you may need to sync your FitBit from your phone (e.g., pulling down on your phone screen) to get your FitBit to sync to HypKnowledge.
- ✓ Please also make sure your FitBit is not “water locked” as that setting may prevent your FitBit from syncing to HypKnowledge.