Participant Guide: Instructions for the duration of study

The purpose of this document is to provide instructions to participants on actions they must take throughout the course of the study.

Connecting to your study

Be sure to follow this [step-by-step onboarding guide](#) before the study and data collection process begins.

Instructions for the duration of study

Wear your Garmin smartwatch regularly and charge it every few days.

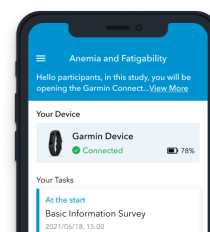**1** **Open the Garmin Connect app every 3-4 days and let it sync.**

*Once Garmin app is open, it autosyncs in the background meaning you can make calls, text, scroll etc. while it syncs.

2 **Open the PhysioQ Connect daily, let it sync, and complete tasks.**

* The PhysioQ sync time is longer than the Garmin because the data collected is much larger.

*If you forget to sync one day, the syncing time the next time you open the app will be doubled.

Syncing PhysioQ Connect App

When syncing **PhysioQ Connect, be sure to close all other open apps in the background.** PhysioQ is greedy and does not like to share RAM space.

To ensure success, open the PhysioQ Connect app before going to sleep and let it sync in the foreground overnight.

App won't say upload/sync "complete"; it will go from "connected" -> "syncing" and back to "connected" as the sync process is ongoing.

? For additional questions, please email your researcher directly. For technical support, you can reach out to support@labfront.com