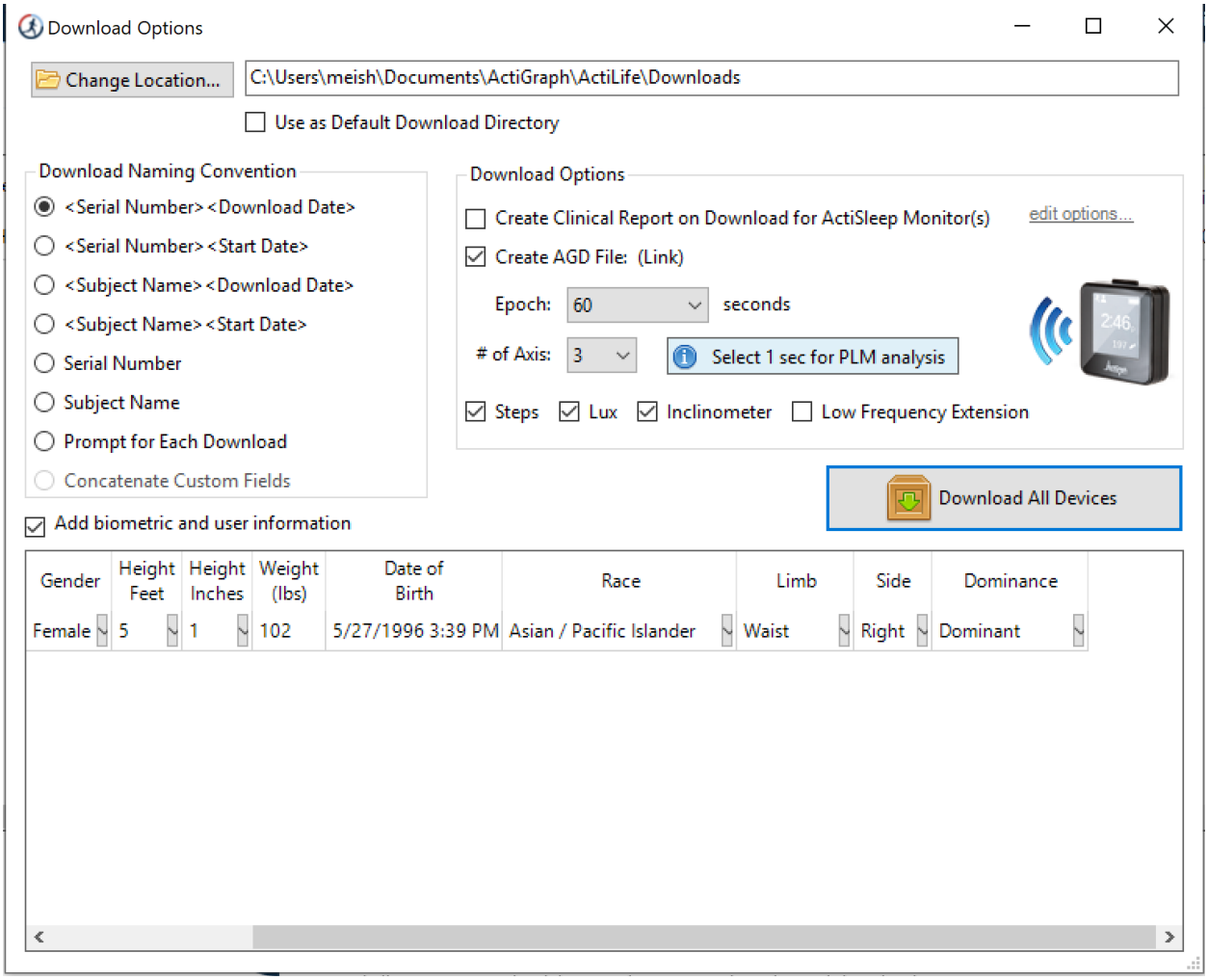
Download data

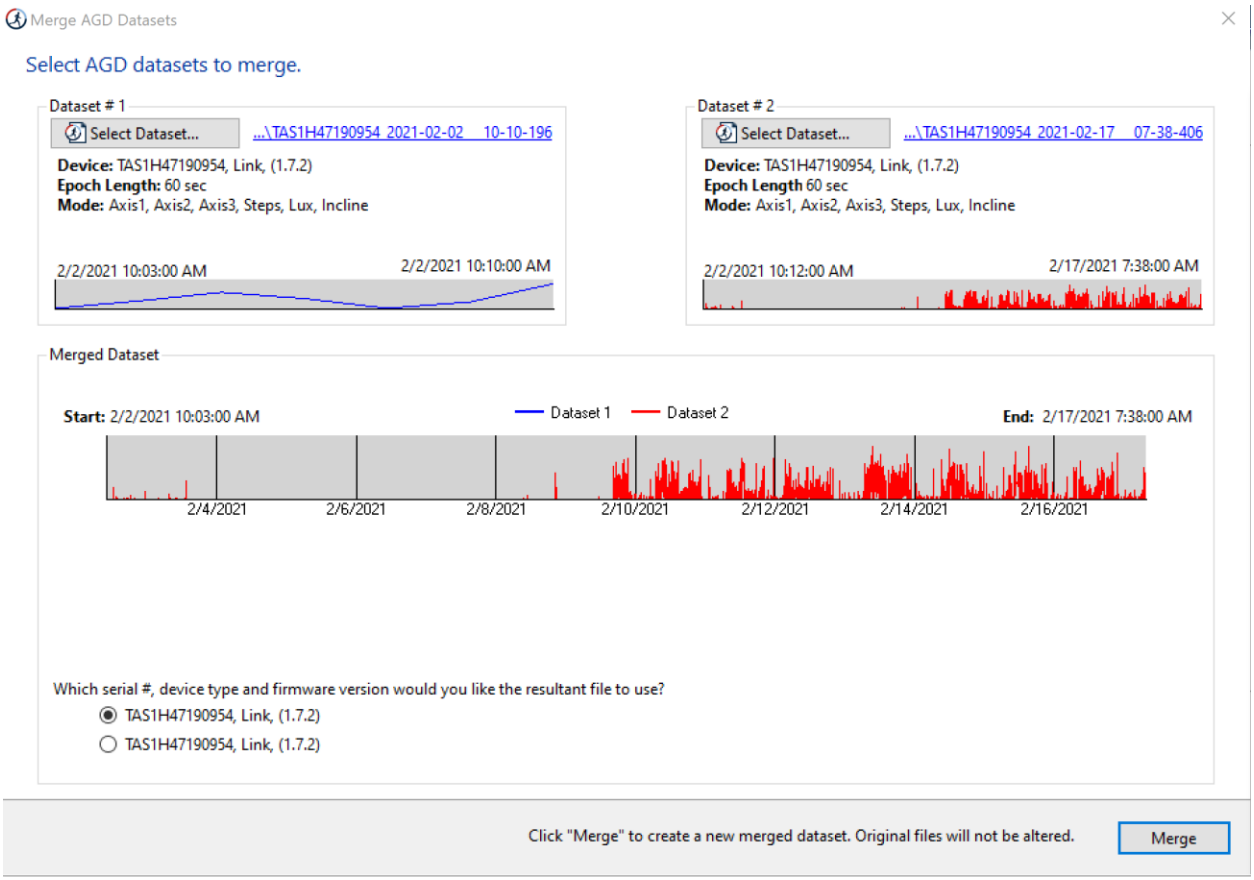
1. Connect the device to the computer, and open ActiLife software.
2. Select “Download”, the following window will pop up:



3. Change the location to “<need to specify later>”, select 60 seconds per epoch, 3 of axis, and choose “<need to specify later>” as your Download Naming Convention.
4. Double check each information and click “Download All Devices”.

Merge file

1. Choose “Tools” -> Merge file
2. Select Dataset 1&2 (if there are more than 2 dataset, merge the first two, and repeat this process)
3. Click “Merge”.

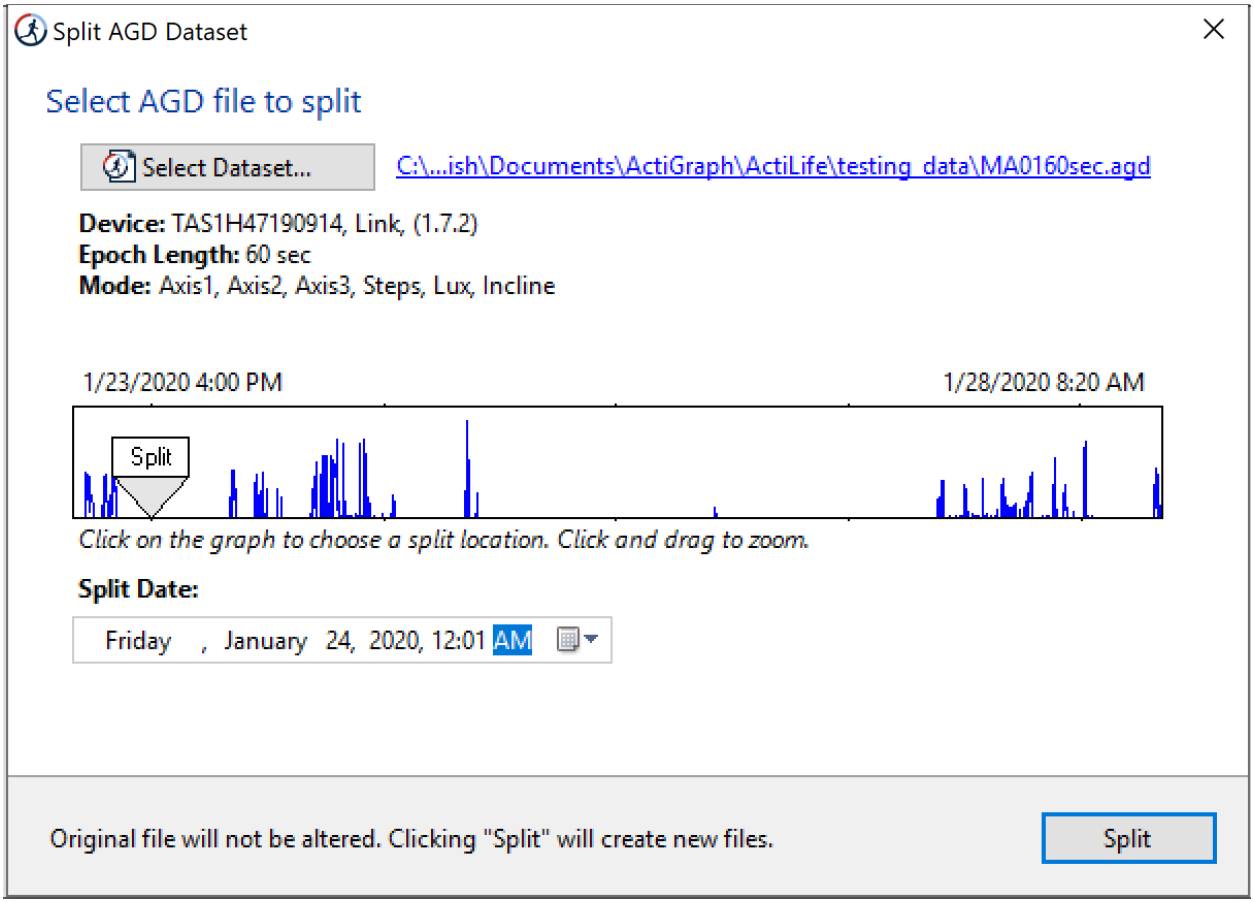


For the final exported file, name it

Trimming file

*this is for one individual subject

1. Choose “Tools” -> “Split AGD”
2. Follow the instruction to load your data file
3. For defining the start date of your data, select 12:01 am on the first day of assessment; click “Split” and save the subjNUM_B_.agd



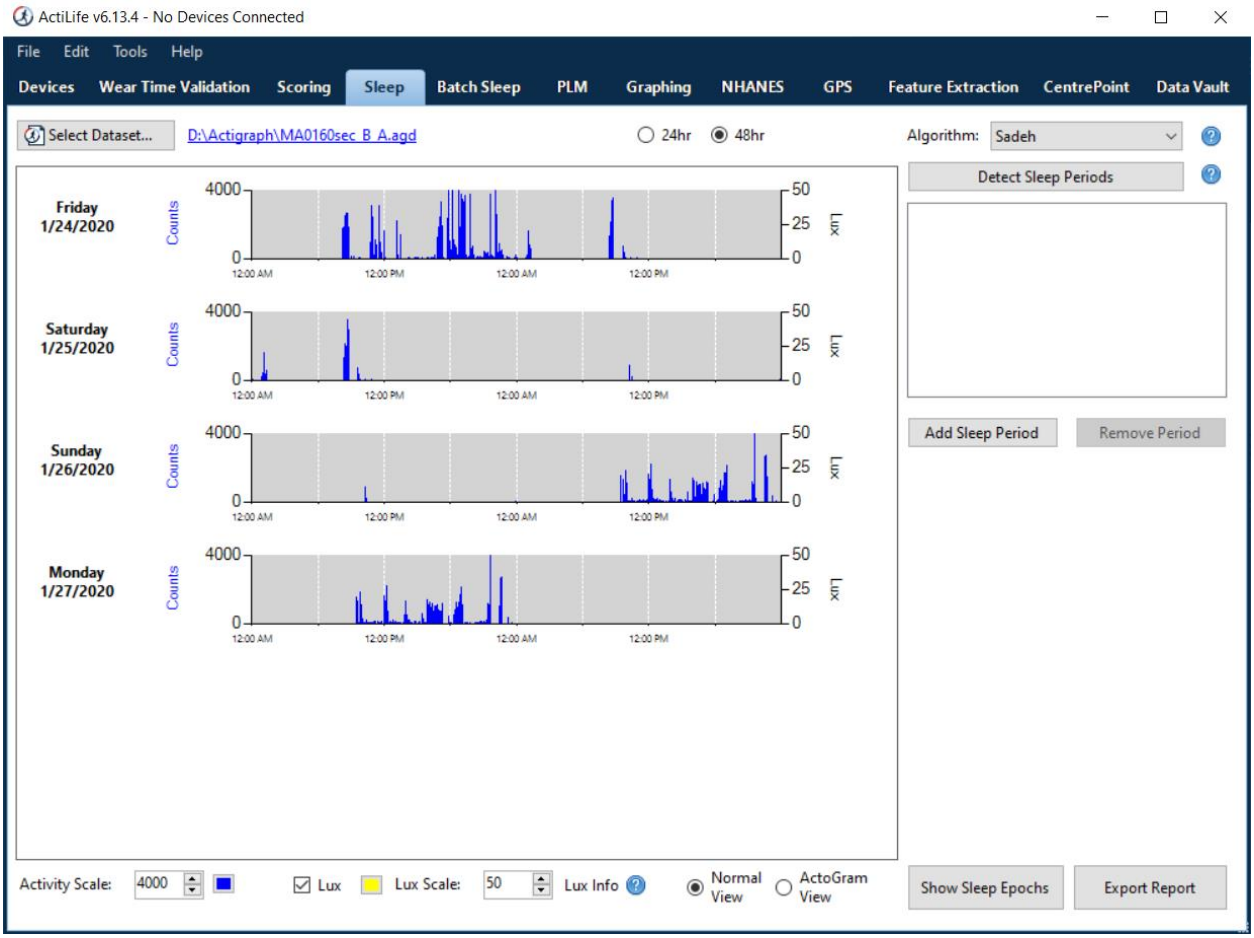
4. Again, choose “Tools” - “Split AGD”
5. Load file “subjNUM_B.agd”
6. For defining the end date and time for the data, select 12:00 am on the seventh day; click “Split”, then save “subjNUM_A_B.agd”

Data processing

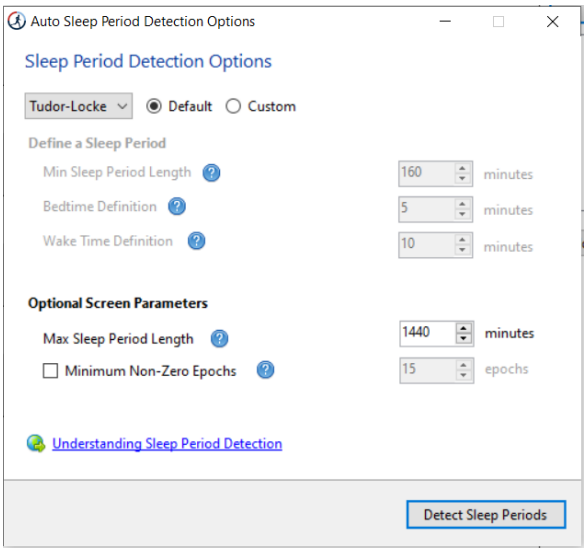
Sleep detecting

*Before you define the sleep period, make a copy of the AGD file.

1. Go to the **Sleep** tab

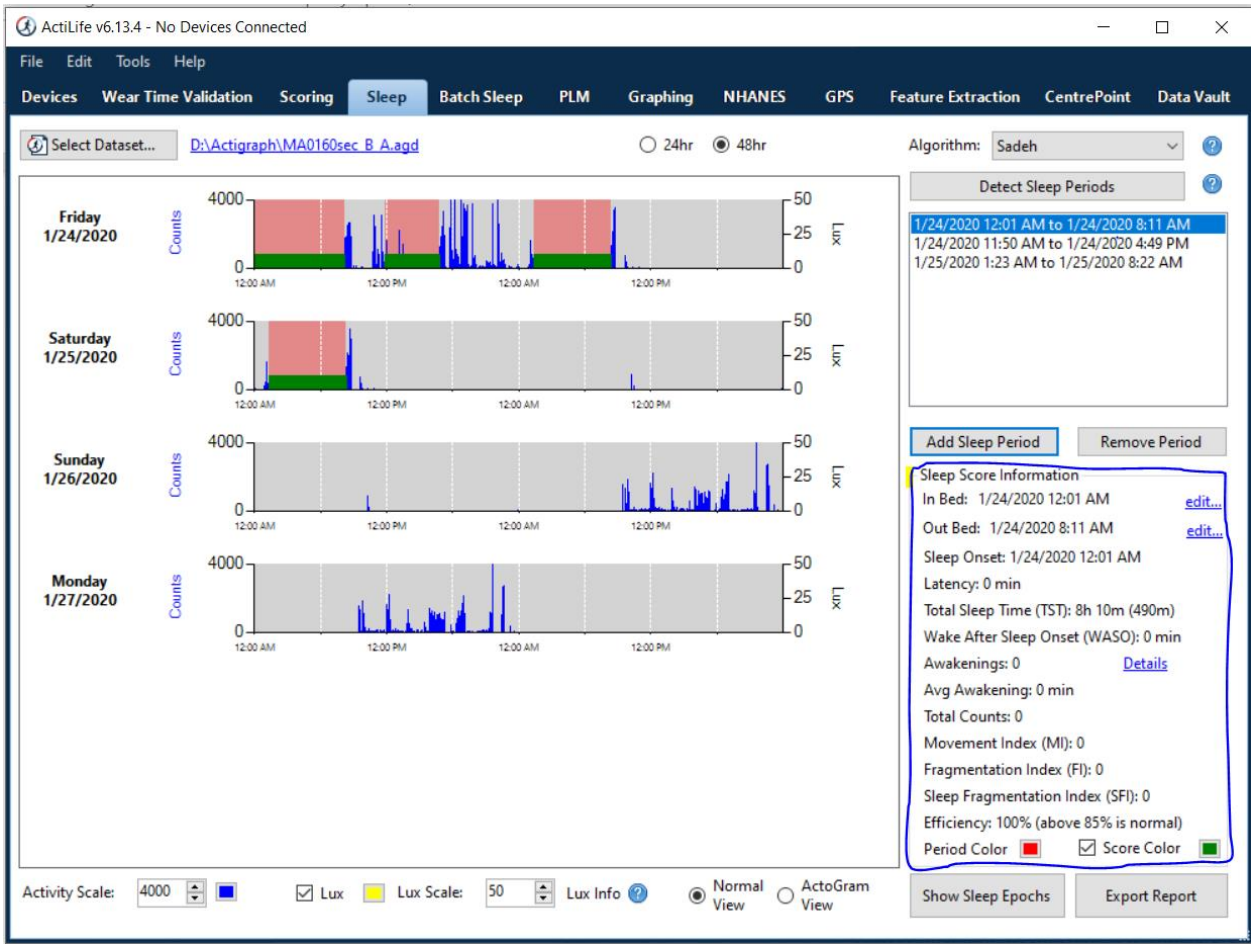


2. Select the “Detect Sleep Period” (the upper right corner), and go with the default setting.



3. The Pink-Green bars show the sleep period the software has detected as below:
   Use sleep log of the participant, check every sleep period.

In the blue circled area, you can find the information of each sleep period and edit;
You can also add/remove sleep period.

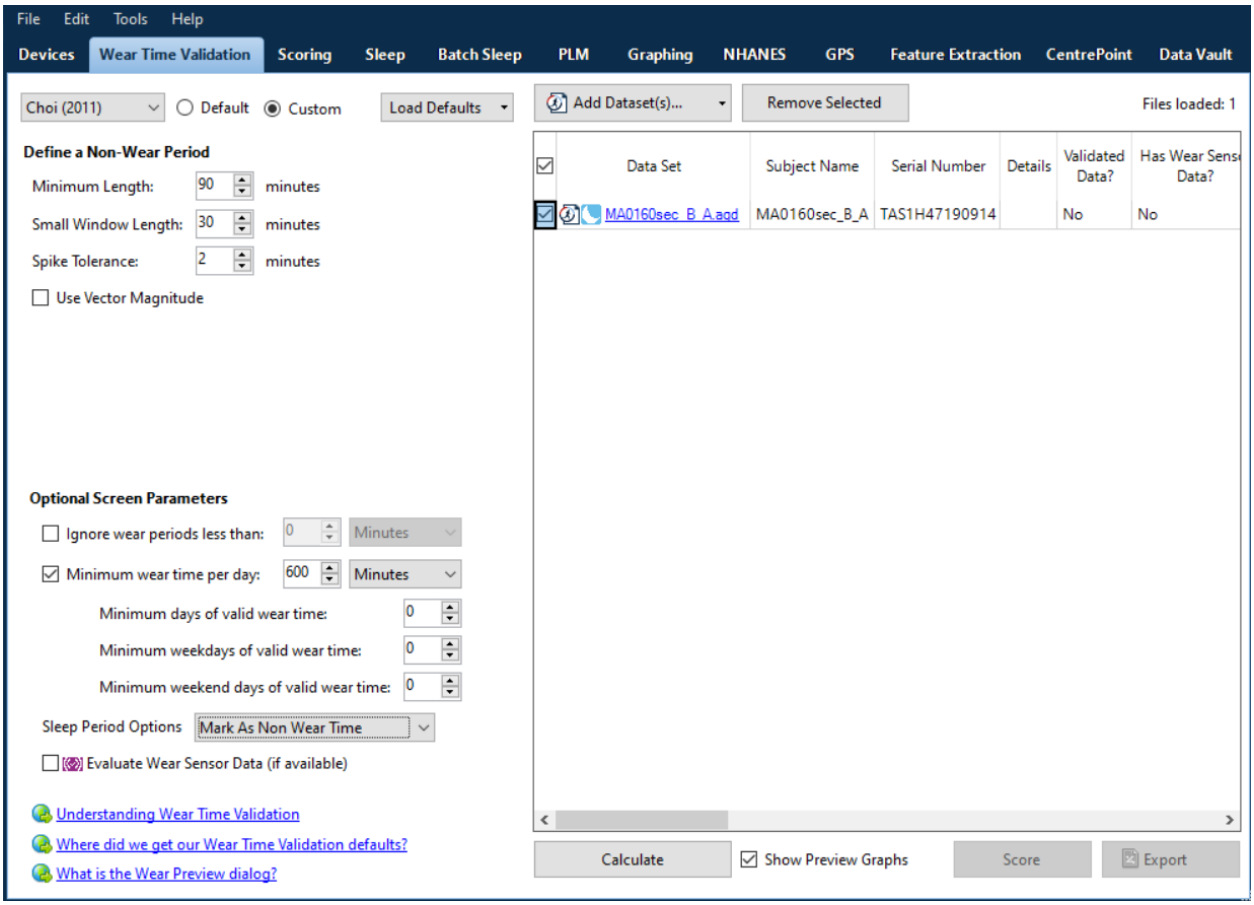


4. Then click “Export Report” and check “create sleep csv”;

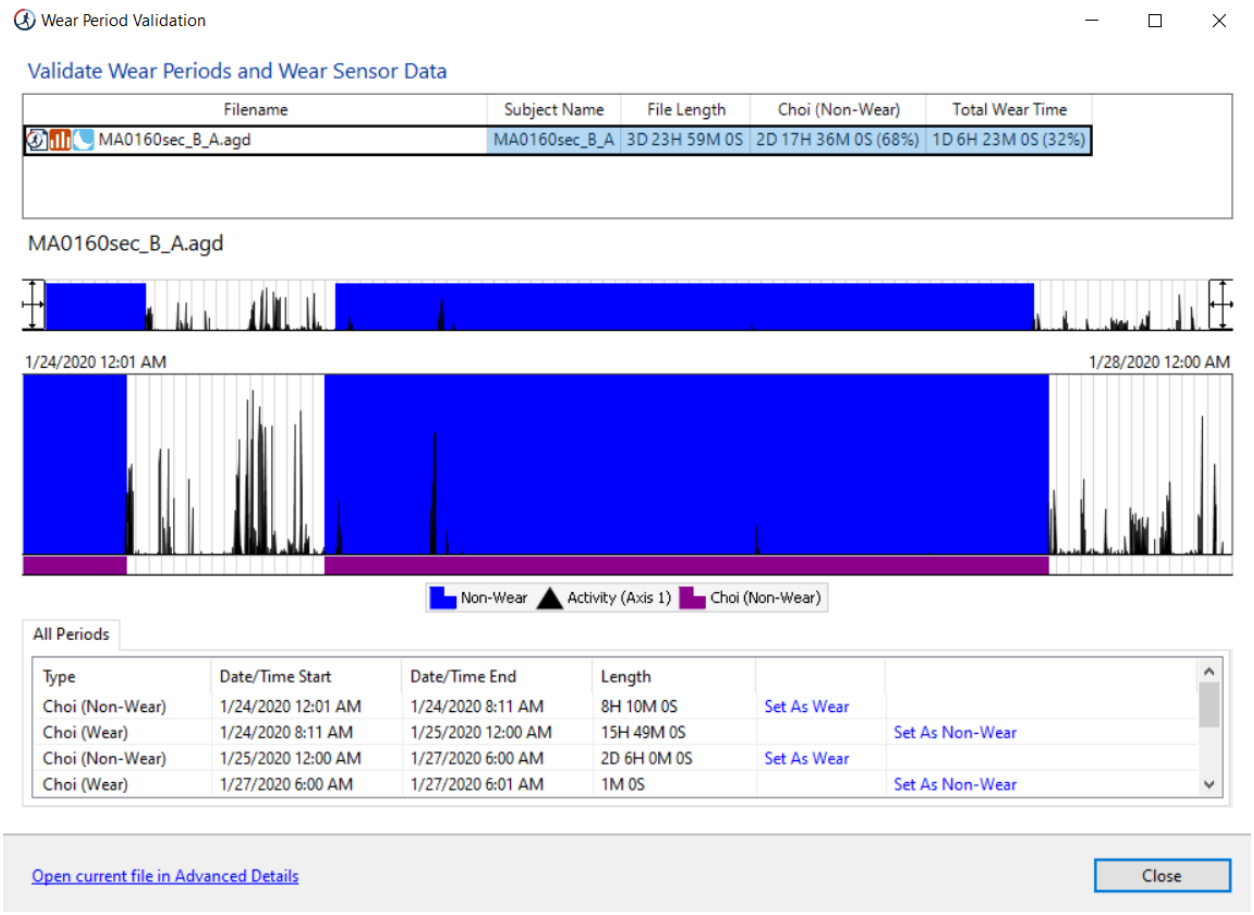
Wear Time Validation

*After you defined the sleep period, you can see a little blue moon when you load in the data

1. Choose “Choi(2011)” and set up “Custom” settings:
   Minimum length: 90mins;
   Small window length: 30mins;
   Spike tolerance: 2mins;
2. Set up “Optional screen parameters”
   Check “Minimum wear time per day”, set as 600 mins;
   Choose “Mark as non-wear time” as Sleep period options;
3. Click “Calculate”



4. The following calculated result will pop up after you clicked calculate, and an orange icon will appear (besides the blue moon icon, which means the wear time was defined for this data).

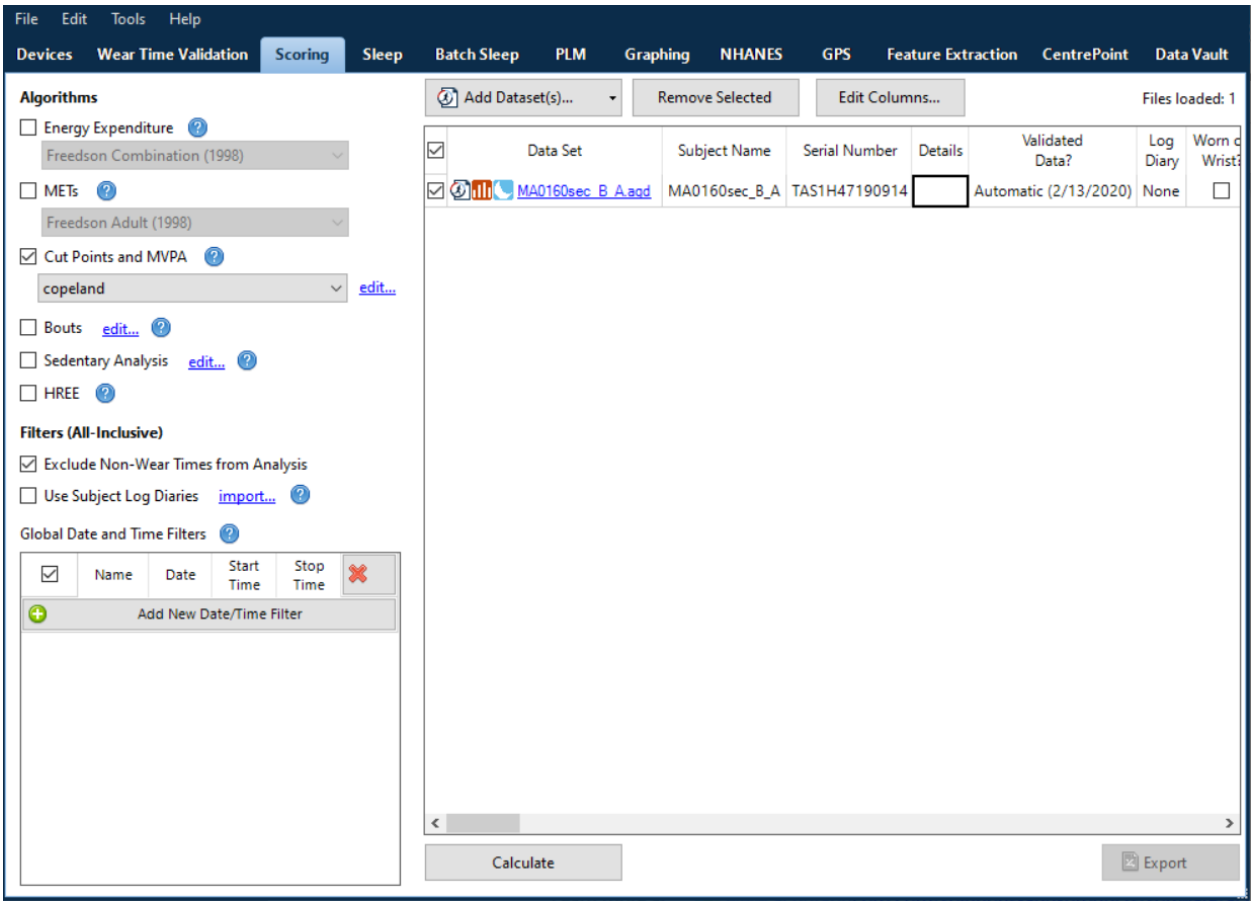


Scoring

1. Close the calculation result window, and click “score”, it will go to the scoring tab
2. Algorithms Settings:
   Uncheck “Energy Expenditure” & “METs” & “Bouts” & “Sedentary Analysis”
   Choose “copeland” as the “Cut Points and MVPA”
   Make sure “Exclude Non-Wear Times from Analysis” is checked;

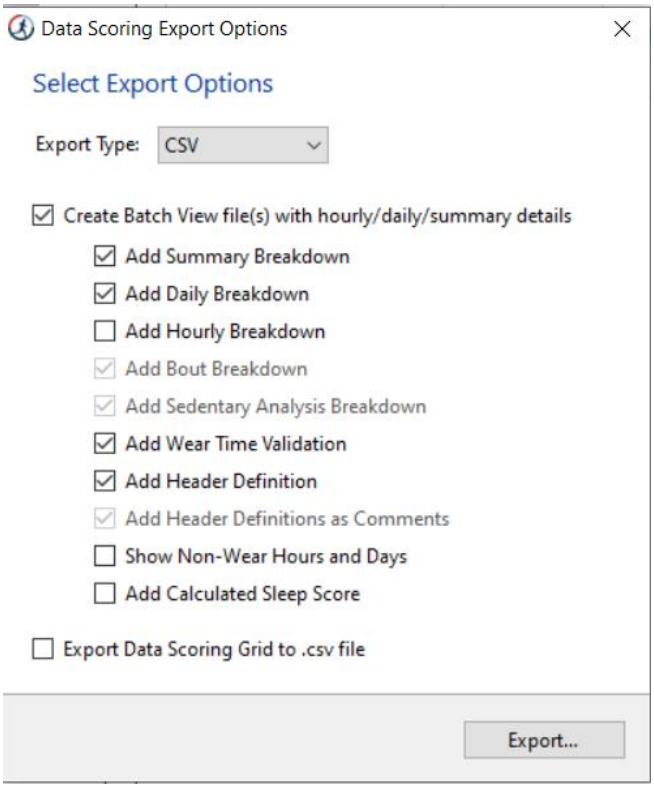
*If there’s no “copeland” algorithm, create a new cut point set

3. Click “Calculate”



Export data

After calculation, click the “Export”
Uncheck “Add Hourly Breakdown”


Data Scoring Export Options
Select Export Options
Export Type:
CSV
Create Batch View file(s) with hourly/daily/summary details
Add Summary Breakdown
Add Daily Breakdown
Add Hourly Breakdown
Add Bout Breakdown
Add Sedentary Analysis Breakdown
Add Wear Time Validation
Add Header Definition
Add Header Definitions as Comments
Show Non-Wear Hours and Days
Add Calculated Sleep Score
Export Data Scoring Grid to .csv file
Export...