



LOMA LINDA UNIVERSITY

MARS INSTRUCTIONS

FIRST OFF: Thank you for choosing to participate!

WEEK 1: BASELINE

PARENT/LEGAL GUARDIAN: Fill out Qualtrics Background Information Survey. Link found on:
www.llumars.wixsite.com/mars

TEEN: Starting Saturday, wear wrist sensor (Actigraph) all day and night.
You may take the sensor off to shower.
Instructions on how to put the sensor back on are provided in your packet.
Every morning, fill out the Daily Sleep Diary on Qualtrics, found at:
www.llumars.wixsite.com/mars

BASELINE OFFICE VISIT will be ____ on Friday,

at 11165 Mountain View Ave., Loma Linda, CA
92354

Both parent/legal guardian AND teen must attend.





LOMA LINDA UNIVERSITY

MARS INSTRUCTIONS

WEEKS 2 + 3: EXPERIMENTAL CONDITION 1

TEEN: Continue wearing wrist sensor (Actigraph) all day and night.

You may take the sensor off to shower.
Instructions on how to put the sensor back on are provided in your packet.

1-HOUR before desired bedtime: Take 1 capsule, which was provided to you at your last office visit. Every morning, continue to fill out the Daily Sleep Diary on Qualtrics, found at:
www.llumars.wixsite.com/mars

CONDITION 1 OFFICE VISIT will be ___ on Friday,

at 11165 Mountain View Ave., Loma Linda, CA
92354

Both parent/legal guardian AND teen must attend.





LOMA LINDA UNIVERSITY

MARS INSTRUCTIONS

WEEKS 4 + 5: EXPERIMENTAL CONDITION 2

TEEN: Continue wearing wrist sensor (Actigraph) all day and night.

You may take the sensor off to shower.
Instructions on how to put the sensor back on are provided in your packet.

1-HOUR before desired bedtime: Take 1 capsule, which was provided to you at your last office visit. Every morning, continue to fill out the Daily Sleep Diary on Qualtrics, found at:
www.llumars.wixsite.com/mars

CONDITION 2 OFFICE VISIT will be ___ on Friday,

at 11165 Mountain View Ave., Loma Linda, CA
92354

Both parent/legal guardian AND teen must attend.

