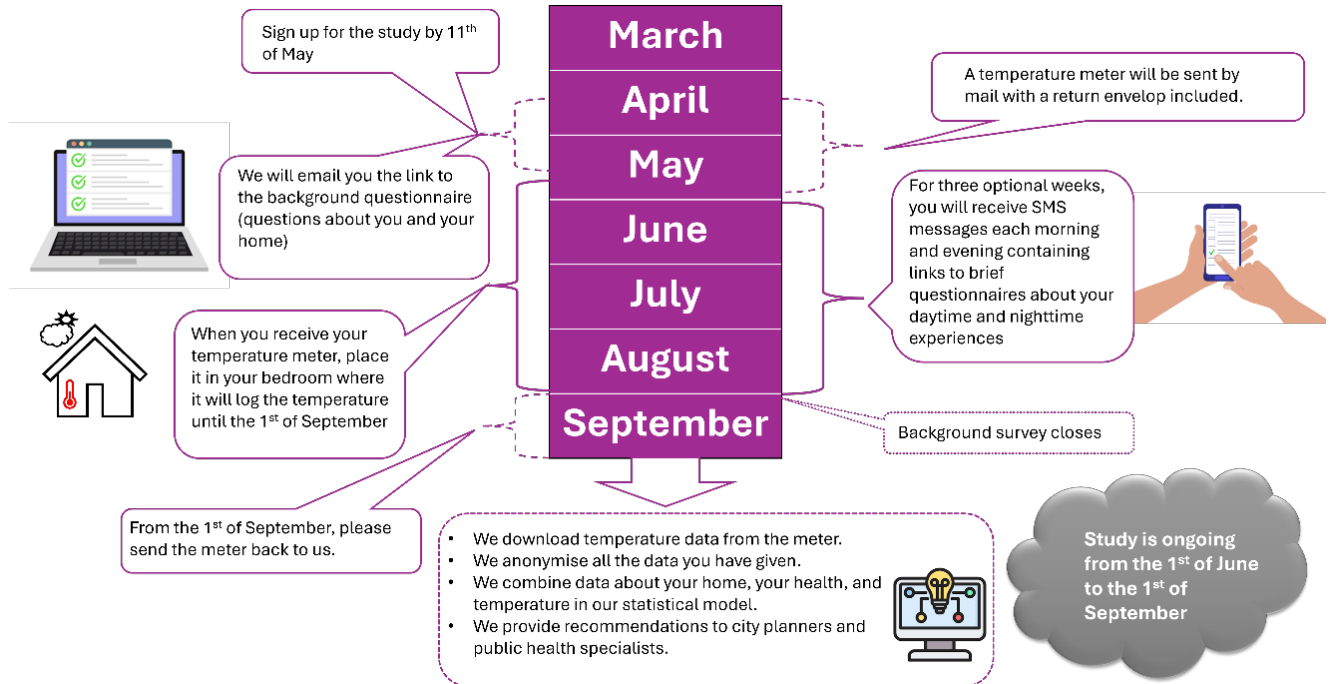


The data collection for HEATWISE Sweden consists of three parts:

1. Gathering background information collected via an online survey
2. Indoor temperature and humidity measurement collected using a measurement device
3. Health and sleep data collected using short daily questions

## How does the study work?



### 1. Collection of background information – online survey

- After you have signed up for the study, you will receive an online survey by email. The survey is accessed via a **personal web link** and contains questions about your health, lifestyle and housing. The survey takes about 30 to 50 minutes to answer.
- Some questions, especially those relating to the housing characteristics, can be complex. It is recommended that you prepare with the help of the document "Checklist for housing issues in online survey". If you do not know the answer to a particular question and do not have the opportunity to find out, you can answer "**I do not know**" (as an answer option or in free text).
- If possible, answer the survey when you are at home in your apartment
- You can save the survey and complete it later. You can also edit the answers.
- The online survey is available throughout the study period (until the 31<sup>st</sup> of August).

### Preparation: Checklist for housing issues

Since it can sometimes be difficult to spontaneously know details about your own home, the document "Checklist for housing issues in online survey" is emailed out together with your personal survey link. The checklist can also be found on the website: [ki.se/en/imm/heatwise-sweden](http://ki.se/en/imm/heatwise-sweden). We recommend that you review the checklist in advance and, if possible, find out the answers before completing the survey.

### 2. Indoor temperature and humidity measurements:

- A temperature and humidity measurement device will be sent to your home by regular mail. A pre-paid return envelope is included. Participants who share a bedroom will receive a single meter.

- Together with the meter, you will receive clear instructions on how to place it in the bedroom. The instructions are also available on the website ([ki.se/en/imm/heatwise-sweden](http://ki.se/en/imm/heatwise-sweden)) and are called "Meter instruction HEATWISE Sweden".
- The meter should be placed in your bedroom as soon as possible, but **no later than 31 May**, and **should remain in the same place throughout the study period (1<sup>st</sup> of June–1<sup>st</sup> of September)**.
- The meter is pre-programmed and automatically registers indoor temperature and humidity. The measurement is taken every 15 minutes. You don't **need** to start or stop the meter as we have done that for you!
- When you sign up for the study, you agree to **send back the meter in the beginning of September**. Returns are made free of charge with the enclosed return envelope.




### 3. Health Reporting – short daily questions

- For three optional weeks, preferably spread out over the summer, we ask you to answer short questions about your health and sleep. This part of the study is called "health reporting".
- When registering, you select which weeks during the summer it is convenient for you to participate in the health reporting.
- During the reporting weeks, you will receive text messages twice a day, morning and evening, with a link to the questions.
- The questions are about how you experience the temperature indoors, your physical and mental health, and how you sleep during the night. It takes a maximum of 5 minutes to answer the questions.
- You should only answer the morning questions if you have slept at home in the apartment where the meter is located. And you should only answer the evening questions if you have spent at least an hour indoors at home before 8pm.
- Reminders about the upcoming reporting week will be sent via text message on the Monday of the preceding week.
- It is possible to change the reporting week(s). Contact us as soon as possible, no later than Wednesday the week before the planned reporting.

### How does it all fit together?

The temperature meters are numbered. We register which meter is sent to which participant. When the meter is returned after the summer, the meter number is used to link temperature and humidity data to the correct participant. The data collected is downloaded and stored on a secure server at Karolinska Institutet. All responses from the online survey and health reporting are also anonymized and stored on the same secure server. Later, the information from different parts of the study is combined and analysed using statistical methods.

Information about HEATWISE Sweden can be found at: [ki.se/en/imm/heatwise-sweden](http://ki.se/en/imm/heatwise-sweden). At the bottom of the homepage under "*Information for participants in the study*" there are in-depth documents.

If you have any questions, you are welcome to contact us:  **E-mail:** [heatwise-imm@ki.se](mailto:heatwise-imm@ki.se)

*Participation in HEATWISE<sub>Sweden</sub> is completely voluntary. If you do not want to participate, you can ignore the invitation – so no response is required if you choose not to participate. If you have registered, you can cancel your participation at any time - let us know and send the temperature meter back!*

**More information about your participation, your rights, and the handling of personal data can be found in the document "Research Person Information HEATWISE Sweden" on the website.**