

Meter instruction – HEATWISE Sweden

1. Unpack the meter

- Remove the meter from the envelope and protective packaging.
- **Save the packaging and the enclosed reply envelope!** You will need these to send the meter back after the summer.
- **Note:** If you are two or more study participants in the same household and share a bedroom, you will receive a **common meter**. Contact us if you need an extra meter.



2. Place the meter in your bedroom

- Place the meter in an **empty, opaque porcelain or plastic cup** to protect from direct sunlight.
- **Do not use glass or metal mugs.** Do not cover the mug.
- Place the mug in your bedroom at a **height of about 0.5 to 1.7 metres**, for example on a bedside table, chest of drawers or bookshelf.
- **Do not place the meter in direct sunlight**, such as on a windowsill.



3. During the measurement period

- The meter records **temperature and humidity** continuously between **1st of June -31st of September**.
- **The meter must be at the same location in the same bedroom throughout the measurement period.**
- If you are away or sleeping at another address, leave the meter in the bedroom of your home.

4. After the measurement period – return the meter


- After the 1st of September, you must return the meter in the enclosed padded envelope.
- The postage is already paid – you just need to put the envelope in a regular mailbox.

About the research project

- **Ethical approval:** The Swedish Ethical Review Authority. **Reference number:** 2023-06091-01
- **Research principal:** Institute of Environmental Medicine (IMM), Karolinska Institutet
- **Project responsible:** Associate Professor Mare Löhmus Sundström, IMM, Box 210, SE-171 77 Stockholm, Sweden. E-mail: heatwise-imm@ki.se

Information about your rights

Read more about your rights as a study participant, how we handle your personal data and what participation entails:

 "Research subject information HEATWISE Sweden" can be found on the study's website: ki.se/en/imm/heatwise-sweden