

SPHERE House Script

Prerequisites:

- TURN OFF YOUR BLUETOOTH DEVICES (phones, laptops, wearables etc.)
- Put a “do not disturb” sign on the door
- toothbrush (bring your own!)
- head-mounted camera
- toothpaste
- bread
- butter/jam/etc for toast
- milk
- tea
- laptop, book, paper, pen, TV remote control on table in lounge
- signs on room doors (or participant should know which is which!)

<<<<Before starting script>>>>

After the participant has provided informed consent, have the participant:

1. Log their details on on the data logging web page and press Start, and then
2. View the time stamp web page with the head-mounted camera for five seconds:

<<<<Downstairs>>>>

1. Living Room

- 1.1. Enter the room and close the door behind you
- 1.2. Stand facing the mirror and jump twice.
- 1.3. Turn light on
- 1.4. Go to window and open and close the curtains
- 1.5. Take off shoes
- 1.6. *Artificial activities ... repeat 5 times with 3 seconds between each*
 - 1.5.1. *stand to bend*
 - 1.5.2. *bend to stand*
 - 1.5.3. *stand to kneel*
 - 1.5.4. *kneel to stand*
 - 1.5.5. *stand to sit*
 - 1.5.6. *sit to lie (back)*
 - 1.5.7. *lie (back) to lie (side) (on sofa)*
 - 1.5.8. *lie (side) to lie (back)*
 - 1.5.9. *lie (back) to sit*
 - 1.5.10. *sit to stand*
 - 1.5.11. *cough*
- 1.7. Turn light off

2. Hall

- 2.1. Walk to the **kitchen**

3. Kitchen
 - 3.1. Turn the light on
 - 3.2. Make a cup of tea
 - 3.3. Make some toast with condiment of choice
 - 3.4. Heat a cup of water in the microwave for 30s and leave it on the side
 - 3.5. Turn the light off

4. Hall
 - 4.1. Walk to the **living room** with tea and toast

5. Living Room
 - 5.1. Enter the room
 - 5.2. Put the cup of tea and toast on a coffee table next to the sofa.
 - 5.3. Turn on light
 - 5.4. Turn TV on.
 - 5.5. Return to the sofa and sit down.
 - 5.6. Watch TV for 30 seconds on sofa
 - 5.7. Drink some tea
 - 5.8. Eat some toast
 - 5.9. Turn TV off.
 - 5.10. Pretend you are making a phone call.
 - 5.11. Get laptop and open it up and put it on your lap. Type something. After 30 seconds close the laptop and put it aside.
 - 5.12. Get book and read for 10 seconds on sofa
 - 5.13. Get pen and paper and write for 10 seconds on sofa
 - 5.14. Turn off light

6. Hall
 - 6.1. Walk to **kitchen** with dishes (cup/plate)

7. Kitchen
 - 7.1. Turn on light
 - 7.2. Wash up and dry dishes (cup/plate/knife)
 - 7.3. Dry hands
 - 7.4. Tidy up (milk/butter/jam etc)
 - 7.5. Turn off light

8. Hall/Stairs1/Stairs2
 - 8.1. Go upstairs to the Master Bedroom.

<<<<Upstairs>>>>

9. Master Bedroom
 - 9.1. Enter the room and close the door behind you
 - 9.2. Turn on light
 - 9.3. Go to window and open and close the curtains

9.4. *Artificial activities ... repeat 5 times with 5 seconds between each*

- 9.4.1. *stand to bend*
- 9.4.2. *bend to stand*
- 9.4.3. *stand to kneel*
- 9.4.4. *kneel to stand*
- 9.4.5. *stand to sit*
- 9.4.6. *sit to lie (back)*
- 9.4.7. *lie (back) to lie (side)*
- 9.4.8. *lie (side) to lie (back)*
- 9.4.9. *lie (back) to sit*
- 9.4.10. *sit to stand*
- 9.4.11. *cough*

9.5. Turn off light

9.6. Leave and close the door behind you

10. Landing 2

10.1. Go to the WC.

11. WC

11.1. Enter the room and close the door behind you

11.2. Turn light on

11.3. Put the toilet seat down and sit on it for 10 seconds

11.4. Stand up, flush the toilet

11.5. Wash your hands (make sure wearable does not get soaking wet)

11.6. Dry hands

11.7. Turn off light

11.8. Leave and close the door behind you

12. Landing 2

12.1. Go to spare bedroom

13. Spare Bedroom

13.1. Enter the room and close the door behind you

13.2. Turn on light

13.3. Go to window and open and close the curtains

13.4. Turn off light

13.5. Leave and close the door behind you

14. Landing 1

14.1. Go to the Bathroom

15. Bathroom

15.1. Enter the room and close the door behind you

15.2. Turn on light

- 15.3. Open bath cold water tap, wait 10 seconds and open the hot water tap.
Leave the water running for 10 seconds
- 15.4. Close both taps
- 15.5. Open both taps of sink and wash your hands
- 15.6. Dry hands
- 15.7. Brush your teeth for 30s
- 15.8. Turn light off
- 15.9. Leave the bathroom and leave the door open.

16. Hall/Stairs1/Stairs2/Landing

- 16.1. Go downstairs to the Living room

17. Living room

- 17.1. Enter the room and close the door behind you
- 17.2. Turn on light
- 17.3. Put on shoes
- 17.4. Stand in front of the mirror and jump twice.
- 17.5. Turn light off
- 17.6. Leave and close the door behind you

<<<<After completing the script>>>>

Once the participant has completed the script up to this point, have the participant view the time stamp web page with the head-mounted camera for five seconds, and then press Stop and Submit on the data logging web page.