

Instructions for recording and uploading bath times from your device
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Instructions for recording on Android devices

Here we are going to show you how to export recordings from your recording app to your phone/tablet's Files app, although other apps are likely similar.

Here are some simple steps. Feel free to try this out now, but if not please make sure you're familiar with how to do this.

Depending what brand of Android phone you have, see the appropriate section below.

If using your phone, we recommend you set it to airplane mode or at least silent / no vibrate / Do Not Disturb during the recording. This is because receiving texts, notifications, calls, etc. during the recording can interfere with the recording quality.

Samsung: Page 3

Google Pixel 2, 3, or 4 Series, using Google Recorder: Page 6

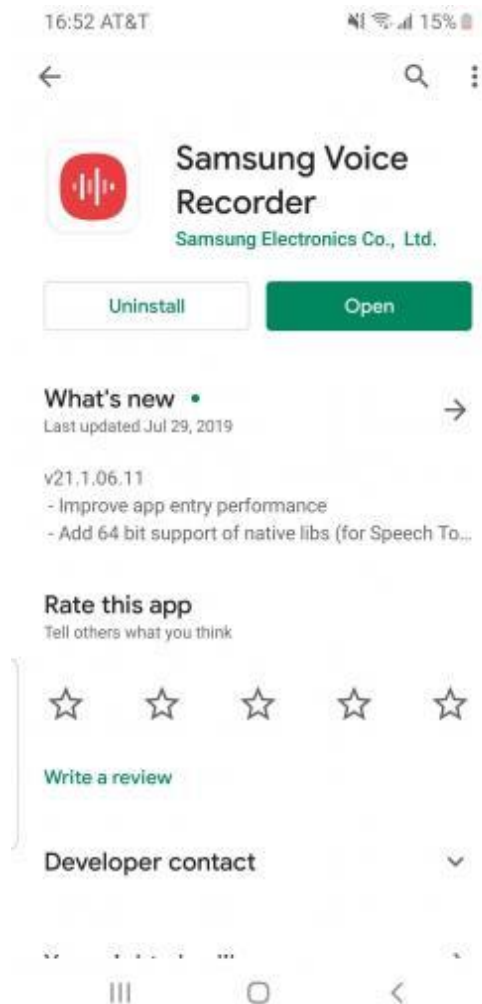
All Others: Page 9

Samsung

0) If using your phone, we recommend you set it to airplane mode or at least silent / no vibrate / Do Not Disturb during the recording. This is because receiving texts, notifications, calls, etc. during the recording can interfere with the recording quality.

1) Make sure you have the Samsung Voice Recorder app. If you don't have it, you can download it from the app store.

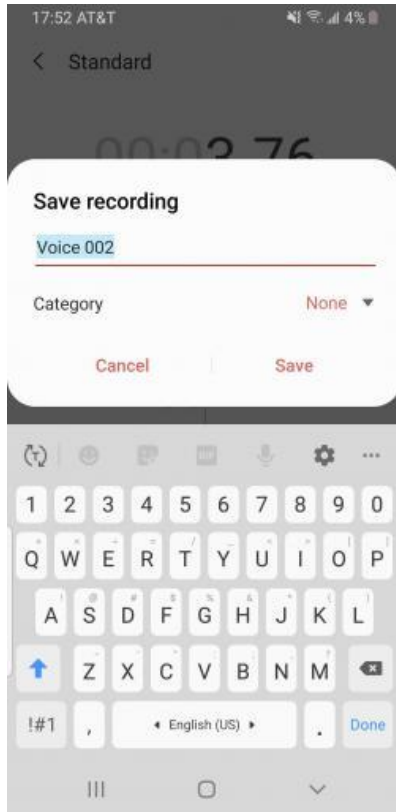
Note, you can use other recording apps, but you need to make sure they show up in your My Files / Files app in order to upload it to our secure site later. Or that you're able to share to Google Drive or email or other cloud storage so you can download to your Files app.



2) Open the app and record.



3) Stop the recording once you're done and save! Please name the files as follows:
Date of recording in MMDDYY format - The code you were given by the experimenter.
For example, if you recorded the audio on April 19th, 2020 and your code is 6481, name
the recording 041920-6481

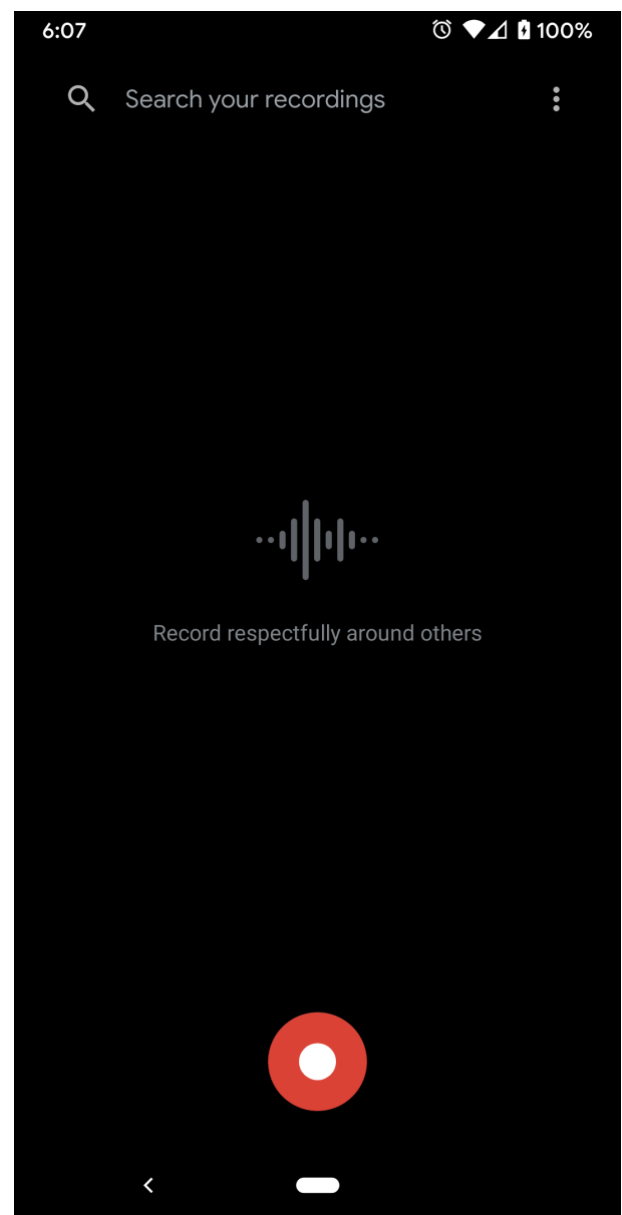
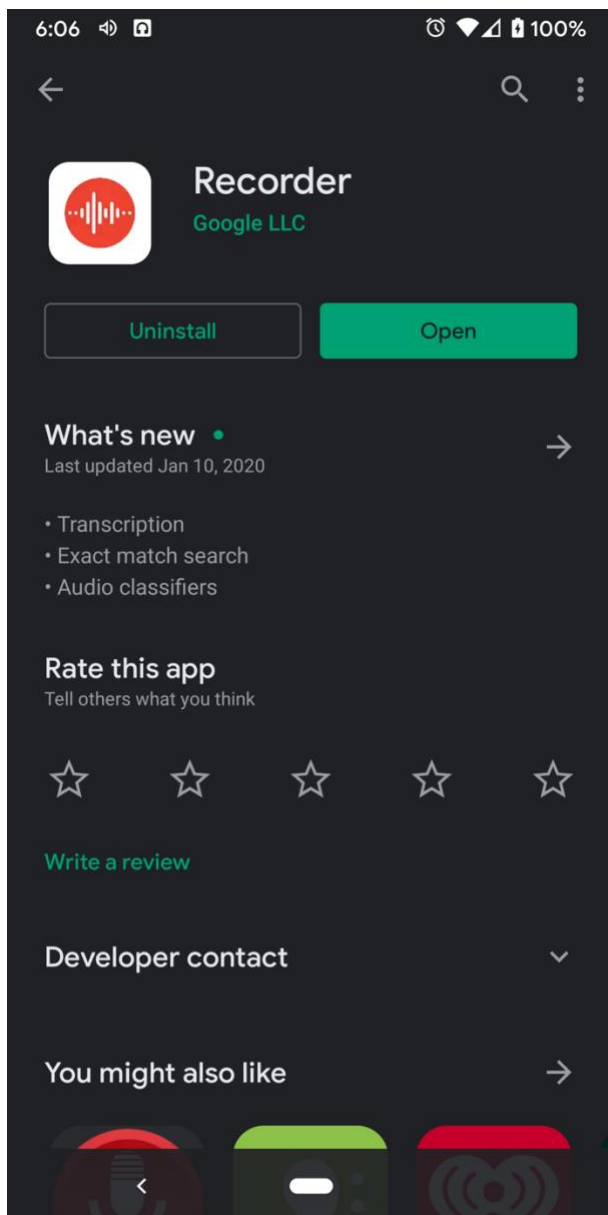


Google Pixel 2, 3, or 4 Series, using Google Recorder

Unfortunately, Google Pixel phones do not come with a built-in audio recording app. There is a Google Recorder app but it does not allow you to access recordings directly from the Files app. This is an issue because you need to be able to access the recording from the Files app in order to upload it to our secure site. Here is how to get your Google Recorder recordings to show up in your Recorder app.

0) If using your phone, we recommend you set it to airplane mode or at least silent / no vibrate / Do Not Disturb during the recording. This is because receiving texts, notifications, calls, etc. during the recording can interfere with the recording quality.

1) Download and open the Google Recorder App.

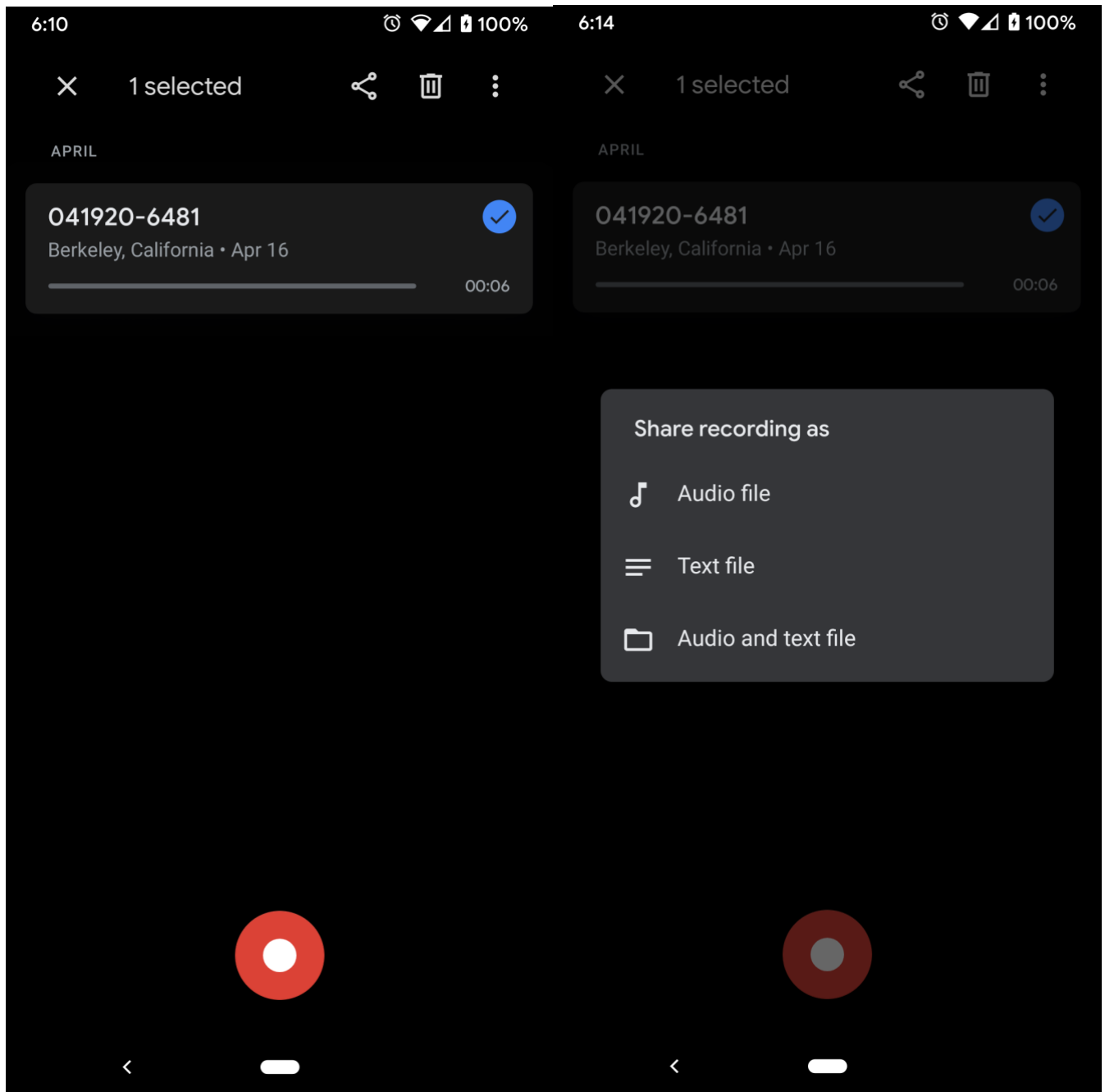


2) Record your audio and press the pause button

3) Title it Date of recording in MMDDYY format - The code you were given by the experimenter. For example, if you recorded the audio on April 19th, 2020 and your code is 6481, name the recording 041920-6481

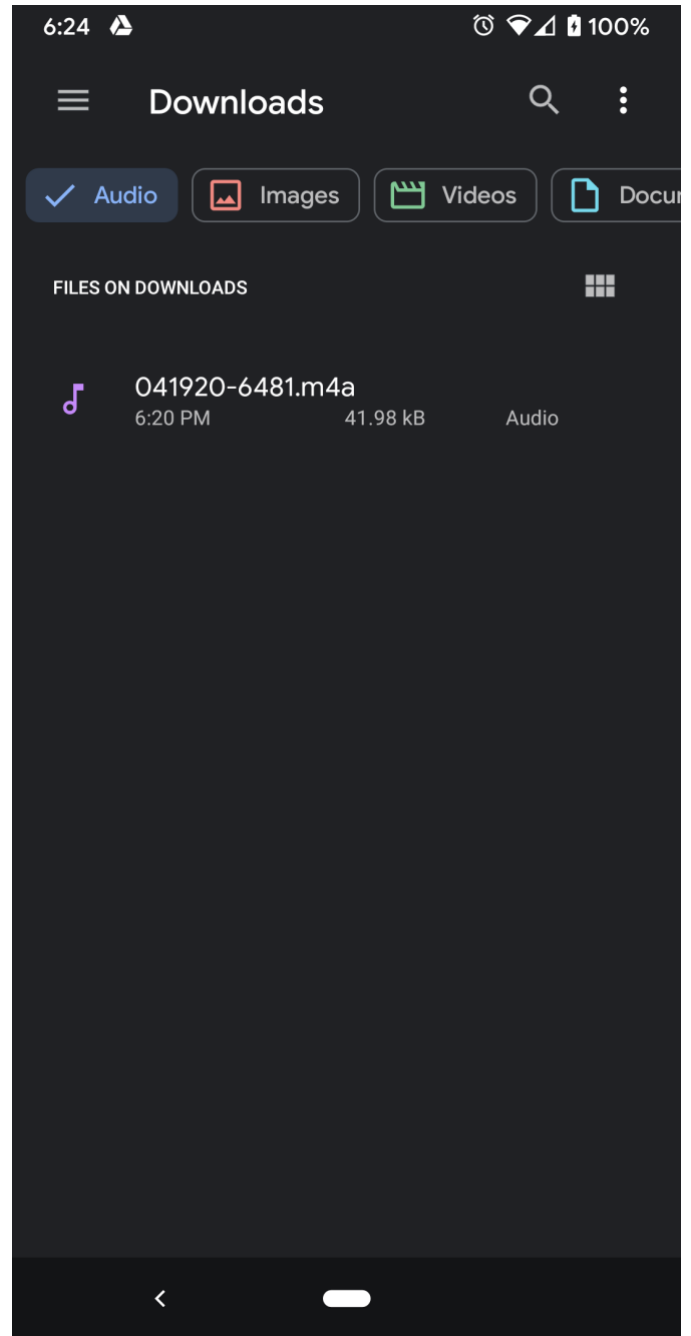
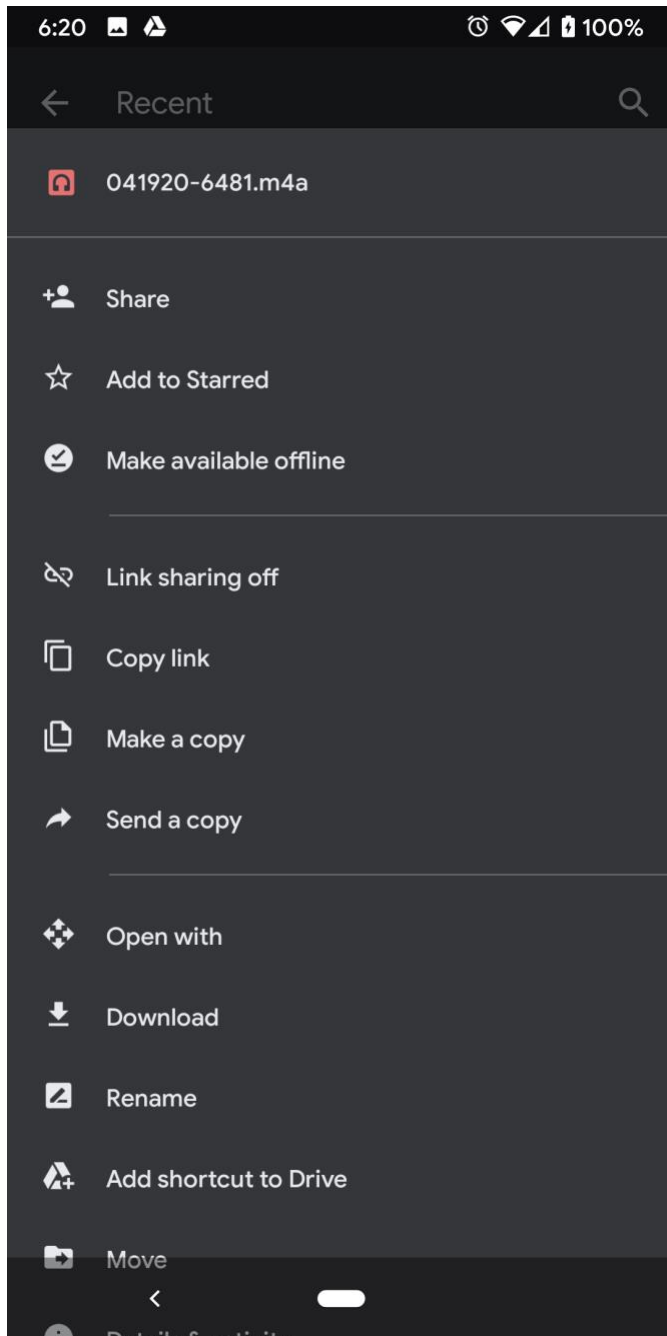
4) Save the recording.

5) Select the recording and click the Share button at the top right (it looks like "<") and click Audio File.



6) Upload your recording to Drive or email it to yourself.

7) Here I used Drive. Download the audio file and it should now show up in your Files app in the Downloads folder.



All others

These instructions are going to be vague but should be general enough for you to figure out what to do.

IF your device has a built in audio recording app.

0) If using your phone, we recommend you set it to airplane mode or at least silent / no vibrate / Do Not Disturb during the recording. This is because receiving texts, notifications, calls, etc. during the recording can interfere with the recording quality.

1) Try creating and saving a recording and seeing if it will appear in your Files app.

2) If it does, great! If not, continue on.

3) Try clicking the recording and seeing if a Share button appears.

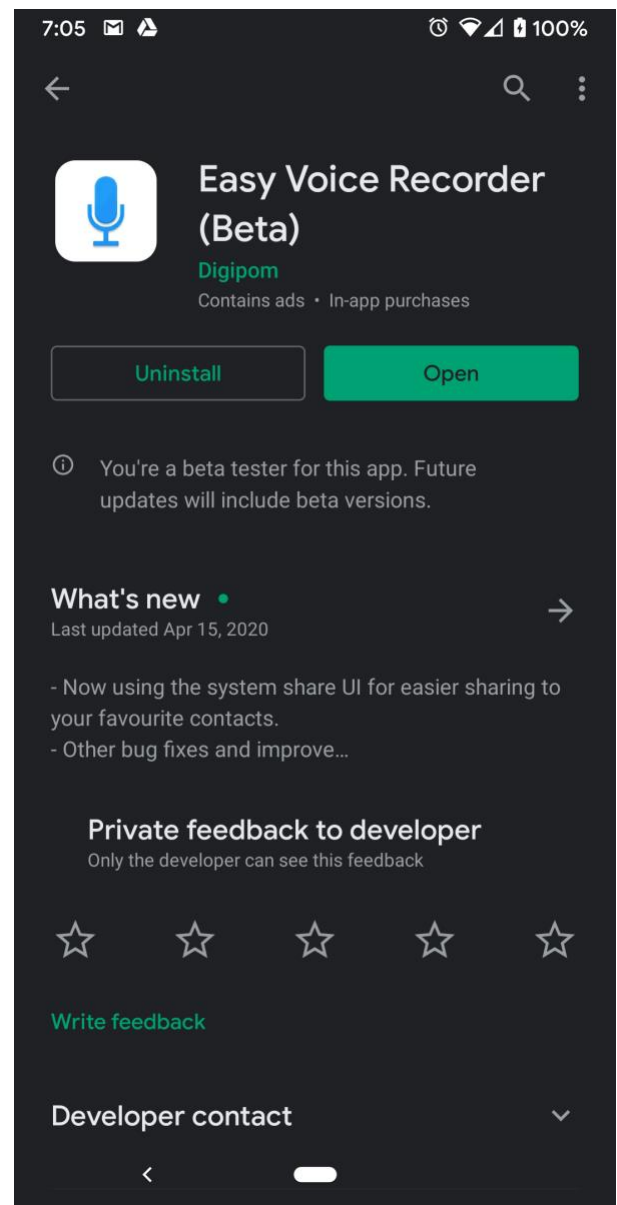
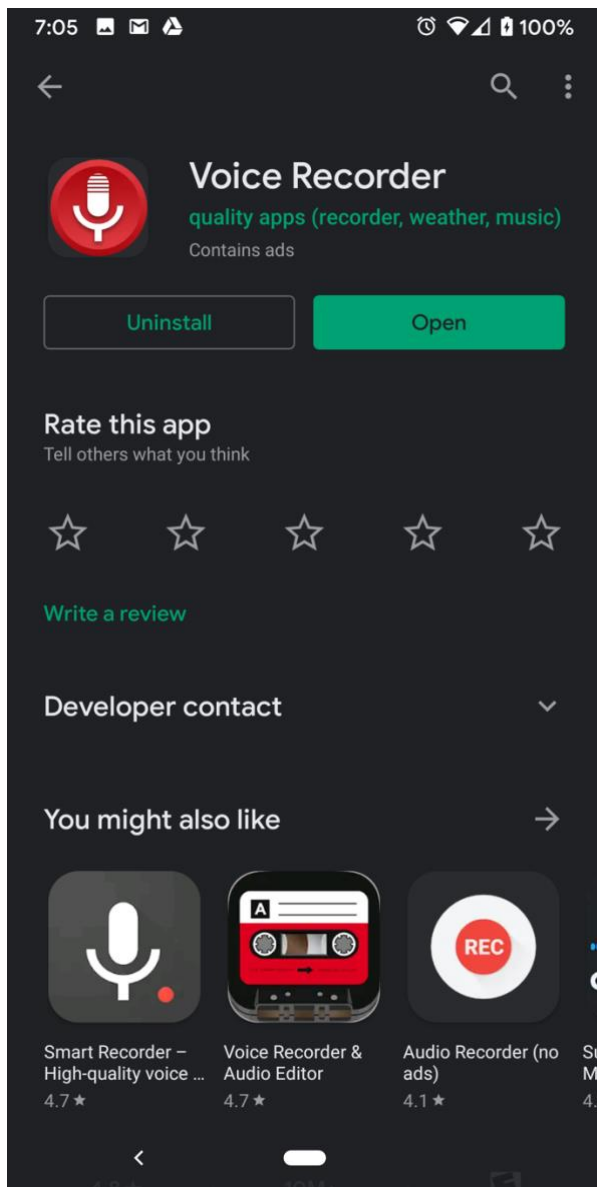
4) If so, you might be able to email it to yourself or upload it to Drive / iCloud and then download it to your phone's Files app.

IF your device doesn't have a built in audio recording app

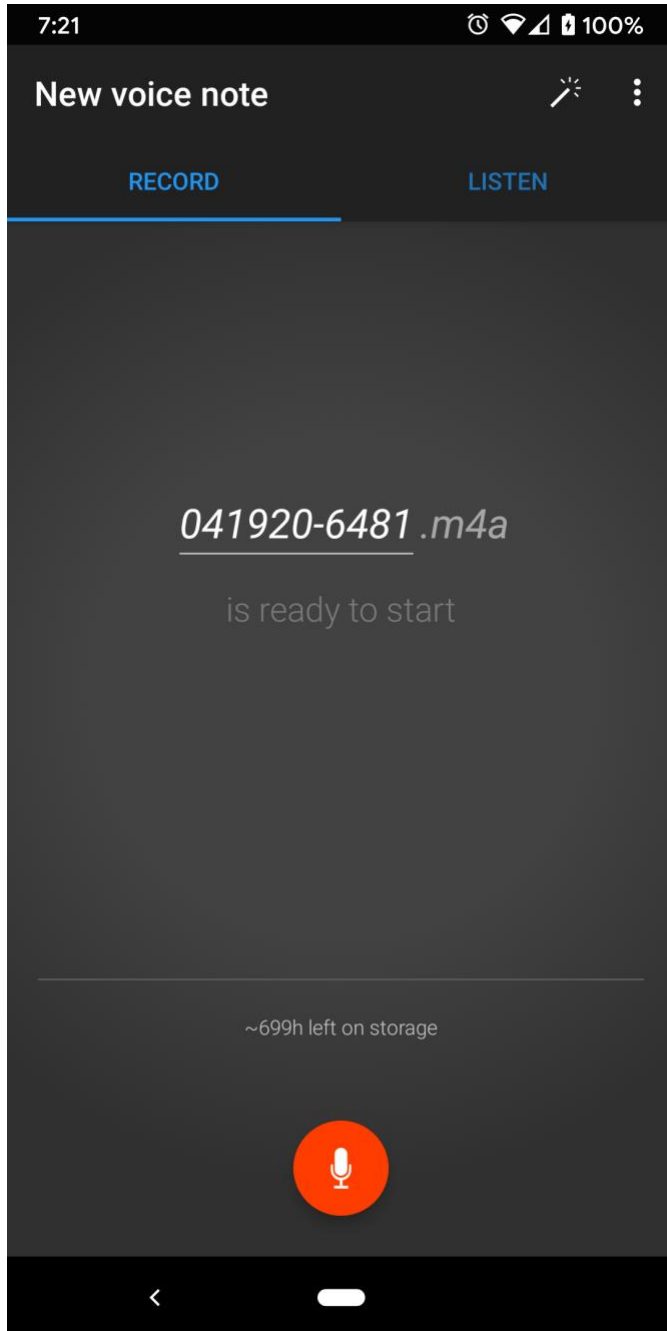
0) If using your phone, we recommend you set it to airplane mode or at least silent / no vibrate / Do Not Disturb during the recording. This is because receiving texts, notifications, calls, etc. during the recording can interfere with the recording quality.

1) Download an app from your app store. For Android, a couple options are Easy Voice Recorder and Voice Recorder. I'll give instructions for Easy Voice Recorder but any recording app works.

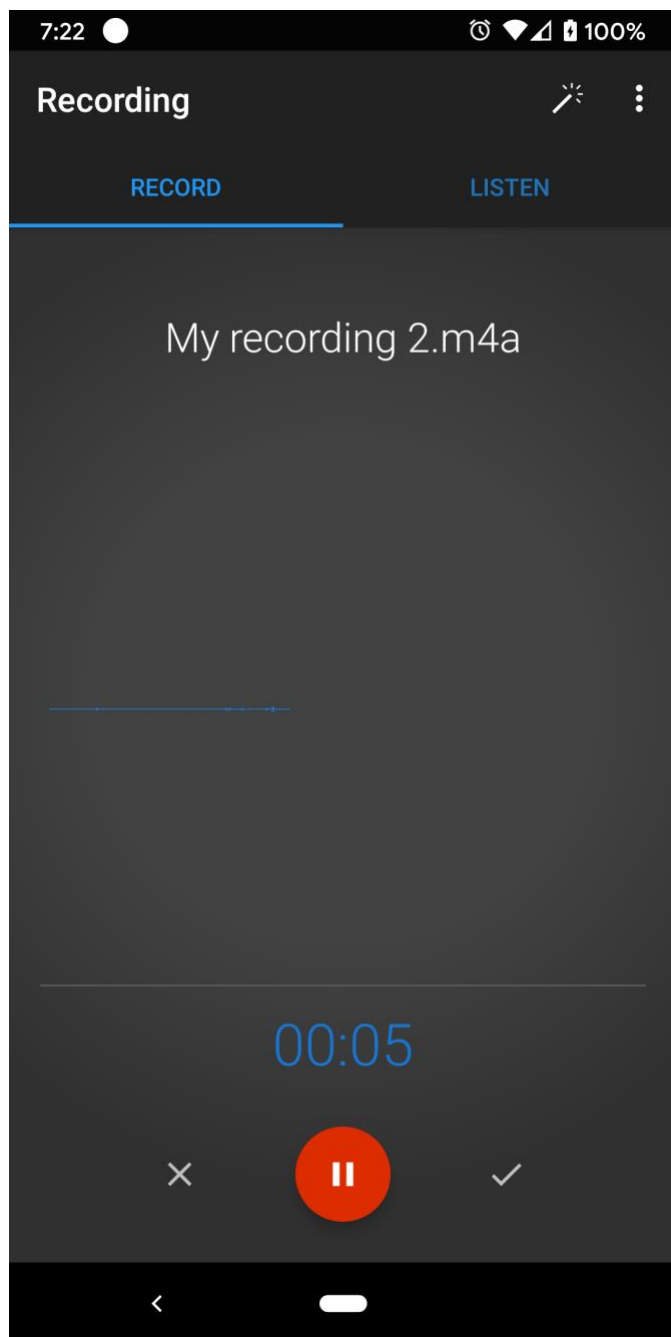
The important part is that you can access your audio from your Files app so you are able to upload your recordings later. If the app you choose doesn't allow this, you still might be able to email it to yourself or upload it to Drive / iCloud and then download it to your phone's Files app.



2) Open the app and name the recording as follows: Date of recording in MMDDYY format - The code you were given by the experimenter. For example, if you're recording the audio on April 19th, 2020 and your code is 6481, name the recording 041920-6481



3) Stop the recording by tapping the check mark at the bottom once you're done. This also saves it for you.



Instructions for recording on iOS devices

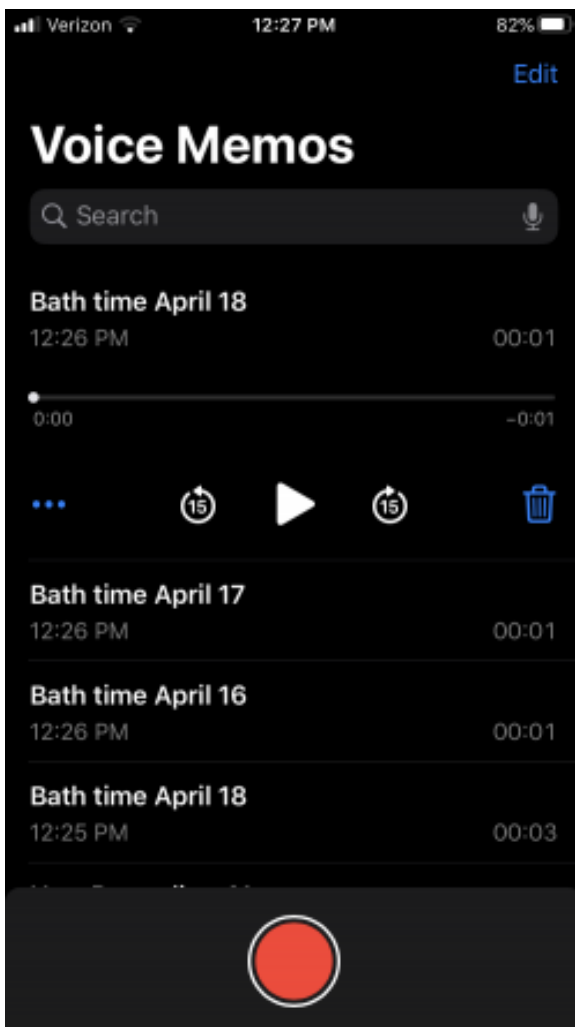
You'll need an app that will allow you to record audio and that allows you to access your recordings via the Files app. You need to be able to access the recordings via Files in order to upload them to our secure site.

iOS devices have a built-in Voice Memos app that you can record with. Below I describe how to export videos from Voice Memos to your Files app.

However, any app that allows you to record audio and access the audio from the Files app is fine.

Feel free to try this out now, but if not please make sure you're familiar with how to do this.

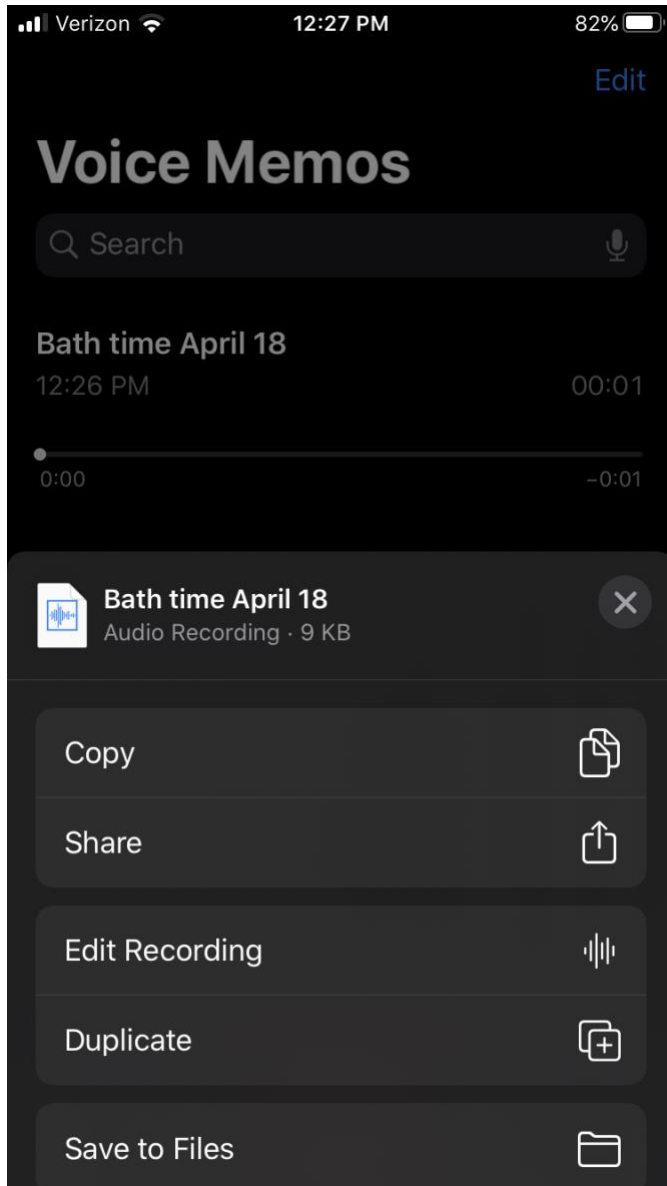
0) If using your phone, we recommend you set it to airplane mode or at least silent / no vibrate / Do Not Disturb during the recording. This is because receiving texts, notifications, calls, etc. during the recording can interfere with the recording quality.



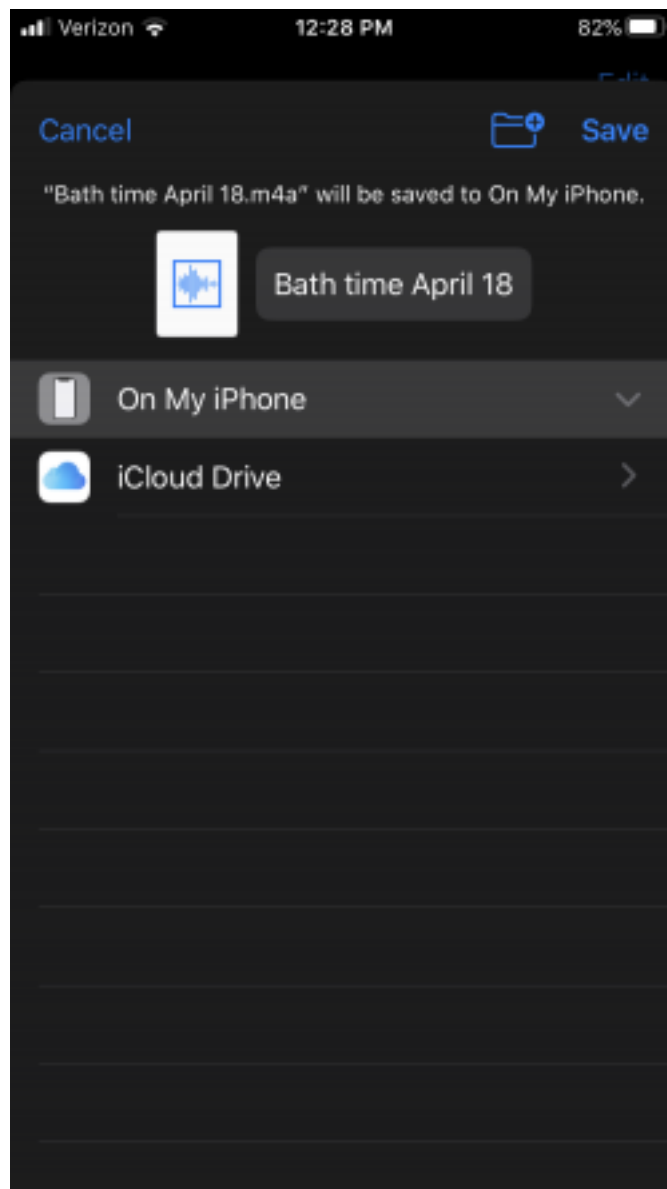
- 1) Find the Apple "Voice Memos" app
- 2) Open the Voice Memos app and record.

3) Stop the recording and save! If possible name the recording as follows: Date of recording in MMDDYY- The code given to you by the experimenter. For example, if your date of recording is April 19th, 2020 and the code is 6481, name your file 041920-6481

4) Select the memo. Once the memo expands, hit the "..." in the bottom left.



5) Tap the "Save to Files" button in the menu that pops up. You may need to scroll or press "More" or press the "Share" button, depending.



Instructions for recording on other devices

These instructions are going to be vague but should be general enough for you to figure out what to do.

If your device has a built-in audio recording app, see page 17.

If your device does not have a built-in audio recording app, see page 18.

Built-in recording app

0) If using your phone, we recommend you set it to airplane mode or at least silent / no vibrate / Do Not Disturb during the recording. This is because receiving texts, notifications, calls, etc. during the recording can interfere with the recording quality.

1) Try creating and saving a recording and seeing if it will appear in your Files app.

2) If it does, great! If not, continue on.

3) Try clicking the recording and seeing if a Share button appears.

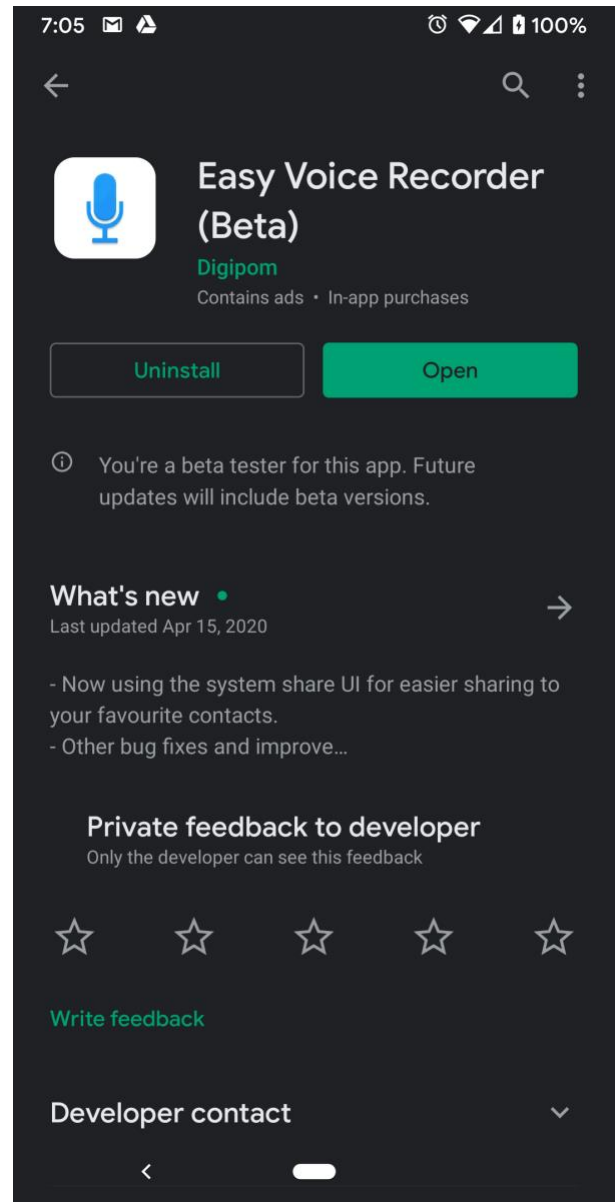
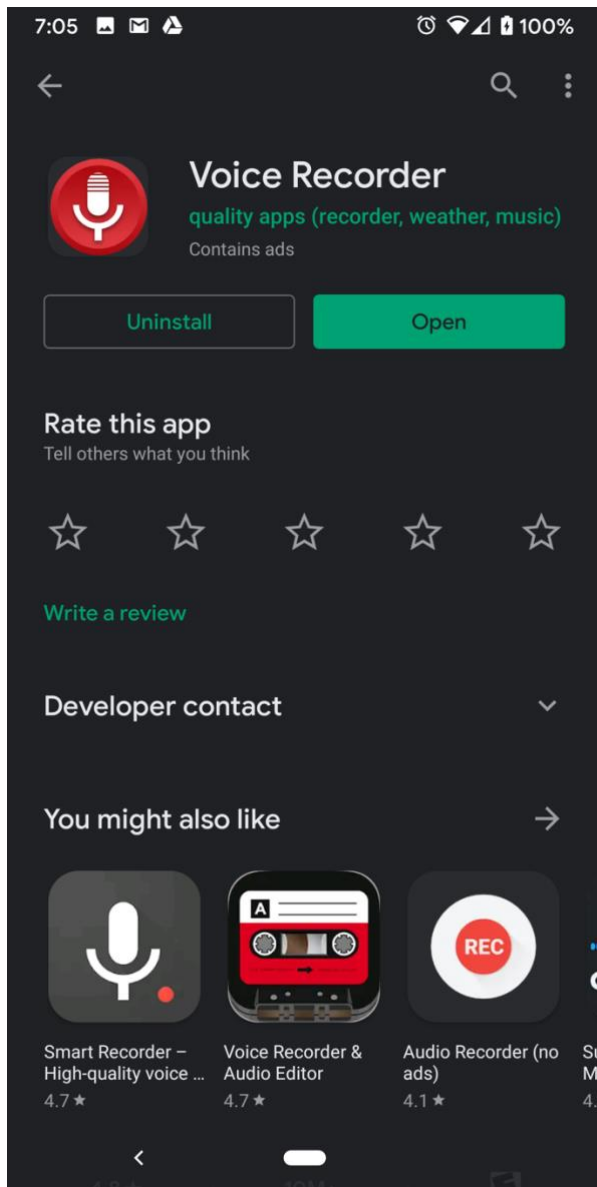
4) If so, you might be able to email it to yourself or upload it to Drive / iCloud and then download it to your phone's Files app.

No built-in recording app

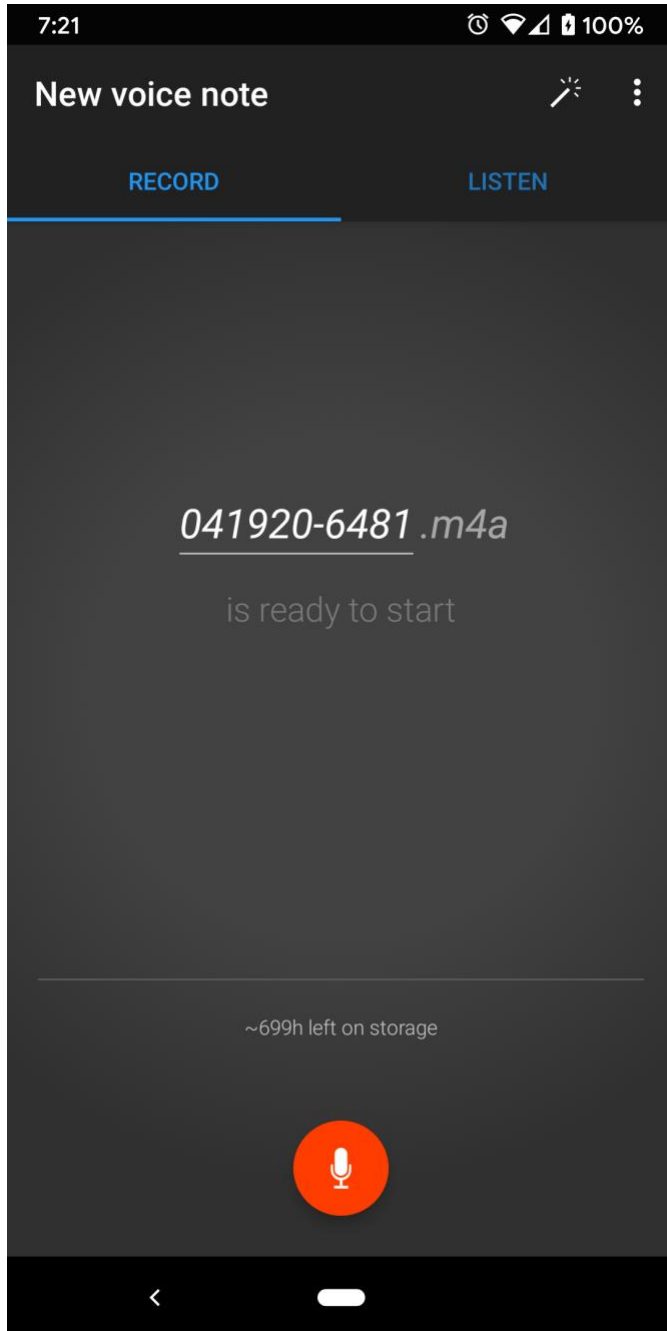
0) If using your phone, we recommend you set it to airplane mode or at least silent / no vibrate / Do Not Disturb during the recording. This is because receiving texts, notifications, calls, etc. during the recording can interfere with the recording quality.

1) Download an app from your app store. For Android, a couple options are Easy Voice Recorder and Voice Recorder. I'll give instructions for Easy Voice Recorder but any recording app works.

The important part is that you can access your audio from your Files app so you are able to upload your recordings later. If the app you choose doesn't allow this, you still might be able to email it to yourself or upload it to Drive / iCloud and then download it to your phone's Files app.



2) Open the app and name the recording as follows: Date of recording in MMDDYY format - The code you were given by the experimenter. For example, if you're recording the audio on April 19th, 2020 and your code is 6481, name the recording 041920-6481



3) Stop the recording by tapping the check mark at the bottom once you're done. This also saves it for you.

