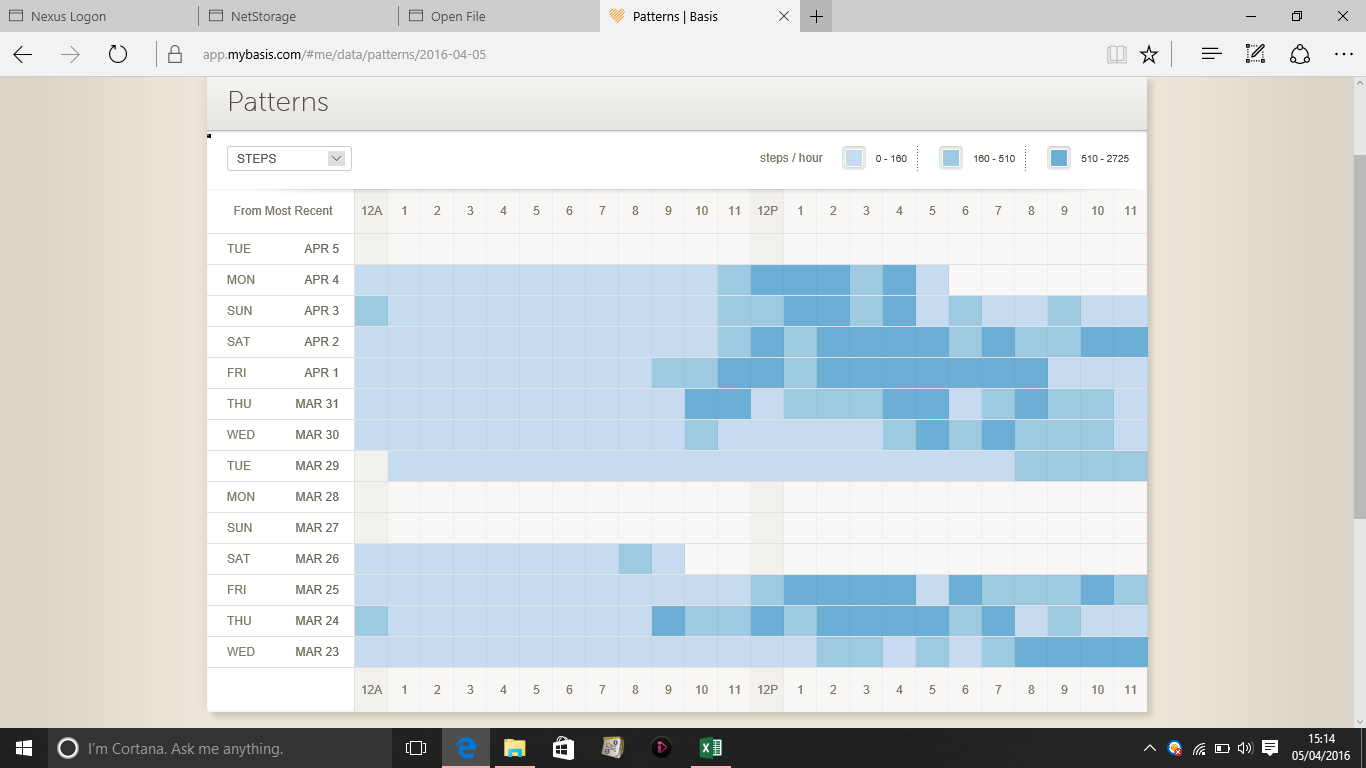
**Supplementary material:**

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**Darker colours represent increased activity.**

**Figure 1. Basis Peak watch output of step count for assessment of circadian rhythms.**