

# POLICIES & PROCEDURES

## SLEEP RESEARCH LAB

Date: 6/2000

Approved: \_\_\_\_\_

### BODY HABITUS MEASUREMENTS

#### I. Height and weight

- a. Record height (without shoes) to the nearest cm. on mechanical beam scale with participant facing outward and measuring bar perpendicular to floor.
- b. Record weight to the nearest 0.5 kg. on mechanical beam scale. Indicate on measurement sheet if weight was obtained on the digital platform scale on those participants over 300 lbs.

#### II. Body Measurements

- Take two (2) measurements of each site and record to the nearest 0.5 cm
- When taking body measurements make sure the tape is not twisted and is kept in the horizontal plane.
  - a. Head circumference: Position the tape slightly above the eyebrows in a horizontal plane to the back of the head, measuring the maximum circumference. Make sure not to include large amounts of hair and hair accessories under the tape. Pull tape slightly to compress hair and record measurement to the nearest 0.5 cm. Make sure the tape is not twisted and it completely parallel around the head.
  - b. Neck: With participant sitting or standing erect, measure below “Adam’s Apple” at the smallest circumference of neck with tape perpendicular to the long axis of the neck.
  - c. Waist: With participant standing erect with arms at side and abdomen relaxed, measure at the smallest circumference near the navel and above the pelvis at the natural waistline. If no obvious waist, measure at the navel.
  - d. Hips: Measure at largest circumference over the buttocks with participant standing erect with arms at side.

#### III. Skinfold Measurements

- Take 2 measurements at each site and record to the nearest mm.
- If the 2 measurements differ by more than 10%, take a third measurement and record the two closest measurements on the data sheet.
- Do not measure over clothing.
- Pick up and hold skinfold with one hand while measuring skinfold with caliper held in the other hand. Be sure to measure only subcutaneous fat without pinching muscle tissue.
- Apply calipers to skinfold and release fingers slightly, taking the reading after the rapid fall of needle on gauge.

- Keep fingers in the exact same location to repeat measurement.
  - a. Triceps: Take measurement vertically on relaxed arm at participant's side, midpoint between the elbow and the shoulder.
  - b. Biceps: Take measurement vertically on relaxed arm at participant's side, at midpoint of bicep muscle when flexed.
  - c. Subscapular: Take measurement at a 45° angle just under the shoulder blade, following the natural fold of the skin.
  - d. Suprailiac: Take measurement horizontally approx. 2.5 cm above the hip bone (above the iliac crest in mid-axillary line near waist).
  
- Note – When taking skinfolds, do not compress the folds with fingers but allow the calipers to compress. Be careful not to let the caliper jaws slip.