

Terms and Use

Effective Date: 20/03/2026

Project Name: CycleSync Project

Institution: University College Dublin (UCD)

Website: cyclesync.ie

Table of Contents

Table of Contents.....	1
1. Introduction & Acceptance of Terms	1
2. Nature of the Research	1
3. Eligibility.....	2
4. Intellectual Property	2
5. No Account Requirement.....	2
6. Device Integration (Oura and Garmin)	2
7. Third-Party Services.....	3
8. Data Contribution and Withdrawal.....	3
9. Data Handling and Identification	3
10. Purpose of Data Use	5
11. Research Outputs and Publication.....	5
12. No Medical Advice.....	5
13. User Responsibilities	5
14. Disclaimer of Warranties.....	6
15. Limitation of Liability.....	6
16. Changes to the Platform.....	6
17. Changes to These Terms	6
18. Governing Law	6
19. Contact	6

1. Introduction & Acceptance of Terms

These Terms and Conditions (“Terms”) govern your use of the CycleSync research platform. By connecting your wearable device and participating in this research, you agree to be bound by these Terms.

If you do not agree with these Terms, you should not use the Platform.

2. Nature of the Research

The CycleSync Project is an **academic research study conducted at University College Dublin (UCD)**.

The purpose of this research is to investigate the relationship between physiological signals (such as Heart Rate Variability and skin temperature) and hormonal profiles across the menstrual cycle.

Participation in this research is entirely voluntary. By connecting your device, you are **donating your data for the purpose of building a research dataset** to support scientific understanding in this area.

3. Eligibility

To participate in this research, you must:

- Be at least 18 years of age
- Provide voluntary consent to participate

4. Intellectual Property

All content on this website, including text, graphics, logos, and software, is the property of University College Dublin or its licensors and is protected by applicable intellectual property laws.

You may access and use the website for its intended research purposes only. You may not reproduce, distribute, modify, or reuse any content without prior written permission, unless otherwise stated.

Any research outputs or materials made available through the website remain the intellectual property of University College Dublin or the relevant researchers, unless explicitly indicated otherwise.

5. No Account Requirement

Users are not required to create an account. Participation occurs by connecting a supported wearable device (e.g., Oura, Garmin) and consenting to share data.

6. Device Integration (Oura and Garmin)

The Platform integrates with third-party wearable providers.

Oura

- Data is collected as a **one-time historical data transfer**, based on the permissions you grant
- Only the data you explicitly authorise is accessed

Garmin

- Data may be collected as:
 - A **historical data pull**, and
 - **Ongoing data sharing** via Garmin's background synchronisation (push mechanisms)

You retain full control and can:

- Modify permissions at any time via the Garmin Connect app
- Disconnect your device at any time

If you disconnect, no further data will be collected. However, data already shared prior to disconnection will remain part of the research dataset.

7. Third-Party Services

The website may include links to or integration with third-party services, devices, or platforms (such as wearable technologies). These third-party services are not operated or controlled by University College Dublin, and we are not responsible for their content, functionality, or data practices. Your use of such services is subject to the terms and policies of the respective third parties.

8. Data Contribution and Withdrawal

Participation in this research is voluntary.

- You may choose whether to contribute your data before completing the connection process

- If you do not wish to participate, you can exit the Platform at any time prior to submitting your data
- Data is only collected once you have completed the connection and authorised data sharing through your wearable provider

Once data has been shared with the Platform, it is incorporated into a research dataset in a non-identifiable form and **cannot be withdrawn, deleted, or linked back to an individual participant.**

For Garmin users, you may stop any further data sharing at any time by modifying permissions or disconnecting your device via the Garmin Connect app. This will prevent future data collection but will not affect data already collected.

9. Data Handling and Identification

The Platform is designed to minimise the collection and use of identifiable information.

- No direct personal identifiers (such as name, email address, or contact details) are collected
- The Platform only processes technical identifiers provided by wearable device providers for the purpose of retrieving authorised data

Identifier Processing

- Device-provided user identifiers are processed using secure handling measures and are not used in their original form within the research dataset
- A randomly generated study ID is assigned to each data contribution and used for all internal processing and analysis
- Identifiers are not used to identify individuals and are not combined with other data to enable identification

This approach ensures that data used within the Platform is **not directly attributable to an identifiable individual.**

Garmin Data

Garmin provides a user identifier that does not include directly identifiable personal information.

- This identifier is used only for data retrieval and processing
- The Platform does not have access to personal identity information from Garmin

- Data is incorporated into the research dataset using internal study identifiers

Garmin users may stop data sharing at any time by modifying permissions or disconnecting via the Garmin Connect app. This prevents future data collection but does not affect data already collected.

Oura Data

Oura provides a user identifier through its API to enable authorised data access.

- The Platform uses this identifier solely to retrieve the data you have authorised
- No additional personal information is accessed, used, or stored

Following retrieval:

- Data is processed using a randomly generated study ID
 - The research dataset does not include identifiers that can be used to directly identify individuals
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Research Dataset

All data used for analysis is handled in a **non-identifiable form**.

Where technically and operationally feasible, the dataset is structured so that it **cannot be linked back to individual participants and** is used solely for research purposes.

10. Purpose of Data Use

All data collected through the Platform is used strictly for **academic research purposes**.

- Data is used to investigate relationships between physiological signals and hormonal profiles
- No commercial use is made of the data
- Data is not sold or shared with third parties

11. Research Outputs and Publication

Data collected through the Platform may be used in academic outputs, including:

- Research papers
- Reports
- Presentations

All results will be presented in **aggregated and non-identifiable form**.

12. No Medical Advice

The Platform is a research tool and does not provide medical advice, diagnosis, or treatment.

- No individual results or insights are provided to participants
- The Platform is not a medical device

You should consult a qualified healthcare professional for any medical concerns.

13. User Responsibilities

By participating, you agree to:

- Provide accurate information where requested
- Use the Platform only for its intended research purpose
- Not attempt to misuse, interfere with, or disrupt the Platform

14. Disclaimer of Warranties

This website is provided on an “as is” and “as available” basis. While we make reasonable efforts to ensure that the information and functionality provided are accurate and up to date, we make no warranties or representations, express or implied, regarding the completeness, accuracy, reliability, or availability of the website. We do not guarantee that the website will be free from errors, interruptions, or technical issues.

15. Limitation of Liability

To the fullest extent permitted by applicable law, University College Dublin shall not be liable for any direct, indirect, incidental, or consequential loss or damage arising from or in connection with the use of, or inability to use, this website or its content. This includes, but is not limited to, loss of data, loss of use, or any reliance placed on the information provided. Nothing in these Terms shall exclude or limit liability where this is not permitted under applicable law.

16. Changes to the Platform

We may modify, suspend, or discontinue any part of the Platform at any time without prior notice.

17. Changes to These Terms

We may update these Terms from time to time. Updated versions will be published with a revised effective date.

Continued use of the Platform constitutes acceptance of the updated Terms.

18. Governing Law

These Terms are governed by the laws of Ireland.

19. Contact

For any questions regarding these Terms or the CycleSync Project, please contact:
University College Dublin (UCD)