

Actigraphy

Your doctor has recommended that you should have an actigraphy study done for a period of 14 days. The reason for this will depend on your condition; your doctor will talk to you about your options. This leaflet explains the procedure and aims to answer the main questions you're likely to have. If you have any additional questions then please feel free to talk about them with your doctor or sleep physiologist before the procedure.

What is an Actigraphy study?

The actigraphy is a simple and easy test used to measure your movements during the day and night. You will be asked to use an Actiwatch that looks like a normal wrist watch and is worn on the wrist of your non-dominant hand for a period of two weeks.

How do I prepare for the test?

Prior to your study please continue with your day as normal, taking existing medications as usual unless otherwise instructed by your doctor. There are no specific instructions to be done prior to the beginning of the study.

About the procedure

During the study, you will be asked to press an event button on the Actiwatch when you get into bed and when you get up again at the end of your sleep period. This will assist in analysing the data and identifying the amount of time you spent in bed/awake etc...

The Actiwatch should be taken off only if you go swimming or in the bath/shower as it is not waterproof.

You will also be asked to fill in a sleep diary and this will ask you what time you go to bed and get up and/or any naps you might have during the day.

What to expect afterwards

The actiwatch and sleep diary should be returned to the sleep department on the day allocated to you during the initial appointment. The information will then be downloaded and firstly analysed by your sleep physiologist who will provide a factual report to the sleep consultant.

Once the Sleep Consultant finalizes the report this will be sent back to your referring consultant. This will be available within 5 days.

What are the risks?

There are no absolute contraindications for actigraphy, nor any serious safety issues.

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