

PATIENT INFORMATION: Actigraphy

What is an Actigraphy

An actigraphy study is a simple non-invasive wristwatch which will monitor your movement during a 24-hour period, over the course of either two or four weeks, depending on your Doctors requests. It monitors your rest/activity levels in the day and in the night. Actigraphy provides valuable information across a variety of sleep-wake disorders.

Preparing for the procedure

Please continue with your day as normal, taking any existing medications as usual unless otherwise instructed.

About the procedure

A trained Physiologist will either attend your residence and conduct the set up with you or it will be sent out via courier, and you will have all the information you need in a pack. During the testing period you will be asked to wear the Actiwatch for the full testing period only removing it when taking a shower, having a bath, or swimming to avoid water damage.

You will be asked to press the event button for 2 seconds located on the side of the watch when initiating sleep and again at the end of your resting period, this is also relevant for naps that you may take in the day.

Actigraphy will be conducted along with a sleep diary that must be filled every morning for the duration of the study, this contains serval questions regarding your daytime activities and behaviour.

What to expect afterwards

Once the Actiwatch is returned with the sleep diary, the data will be analyses by a trained Physiologist and a report will be sent to your referring Doctor within 3 working days.

Please use the contact details below if you require any further information.