



Roald Dahl Neurophysiology Department

## Actigraphy

Information for patients, parents and carers

### Introduction

Your doctor has recommended that you should have an actigraphy study performed for a period of 14 days.

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 contact the neurophysiology department 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 wear 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.

### 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...

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.

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

### What to expect afterwards

The actiwatch and sleep diary should be returned to the Neurophysiology 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 finalises the report, this will be sent back to your referring consultant.

### What are the risks?

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

This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.

This information can be made available in other languages and formats if requested.

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