

Sleep monitoring using an actigraphy watch



Information for patients Clinical Neurophysiology

What is actigraphy?

Actigraphy is a routine test done as an outpatient which records your movements over a period of 1 to 2 weeks.

How does actigraphy work?

A small device similar to a watch (an actiwatch) is placed around your ankle and can be worn over or under a sock. If you wear trousers it is not visible.

How will this monitoring help me?

The information collected by the device monitors your movement activity and this can be used to give a measure of both your active and sleep periods.

Do I need to attend the hospital?

The watch can be posted or you can collect it from the department (which would take about 20 minutes). This can be discussed with you when you ring to make the appointment.

Where is the test done if I choose to attend the hospital?

You will need to come to the Clinical Neurophysiology Department on N floor at the Royal Hallamshire Hospital. You can enter through the main entrance on A floor (Outpatients) or B floor (tower block) and take a lift to N floor. (See map overleaf).

Is there anything I need to do before having the test?

The actiwatch remains in place and is showerproof so it is still worn when you shower. However, if you take a bath or go swimming, please remove the watch and replace it as soon as possible afterwards.

What happens during the test?

The information collected by the device monitors your movement activity and this can be used to give a measure of both your active and sleep periods.



What happens after the test?

Please bring the device back to the Clinical Neurophysiology department on N floor on the date requested. When the watch is returned the data is downloaded onto a computer and printed out as a graph, which acts like a sleep diary. The graph helps the neurologist to look at your sleep patterns and the information can be used to help with the diagnosis of specific sleep disorders.

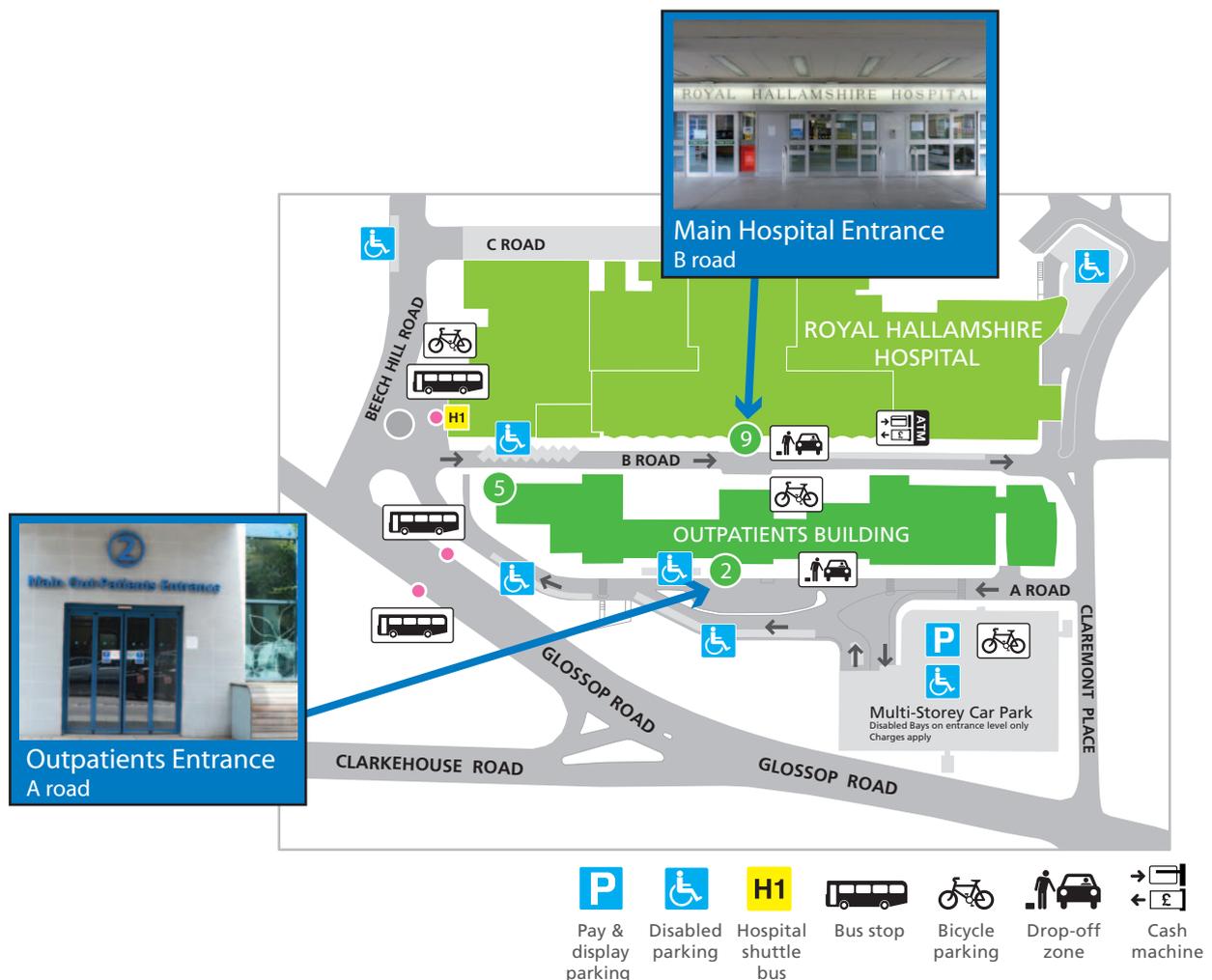
When will I get the results?

The results will be sent back to the referring consultant; this usually takes around 2 to 3 weeks.

What if I want more information?

We must obtain your consent for any procedure. Staff will explain all the risks, benefits and alternatives before they ask for your consent. If you are unsure about any aspect of the procedure proposed, please do not hesitate to ask for more information by ringing the Department of Clinical Neurophysiology, Royal Hallamshire Hospital on:

- **0114 271 3237**
Monday to Friday, 8.30am - 4.30pm



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