

Respiratory Physiology & Sleep

Actigraphy Studies

What is an Actigraphy Study?

Your consultant has recommended that you should have an actigraphy study done for a period of 14 - 28 days. An actigraph monitors movement and can be used to assess sleep-wake cycles, insomnia or circadian rhythms. In these conditions it is especially useful to review sleep-wake patterns over an extended period of time.

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 - four weeks. It is very similar to some fitness trackers that are currently popular.

How do I prepare for the test?

Before 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. This button should also be pressed when the watch has been removed and pressed again when the watch has been reapplied. This will assist in analysing the data and identifying the amount of time you spent in bed/awake etc.



Patient Information

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. This information will be used to make their diagnosis. You will be notified of your results either by letter or asked to come to clinic to discuss them further and if appropriate a treatment plan will be put in place and your General Practitioner (GP) will be informed.

Contact Us

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The Trust has access to interpreting and translation services. If you need this information in another language or format please contact us on the number above and we will do our best to meet your needs.

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To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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