

Actigraphy (Activity and Sleep Study)

Actigraphy

Actigraphy is a special study of your activity and sleep. It measures your body movements with the use of a watch-like device called an actigraph.

The actigraph records your activity and sleep patterns over a period of time (usually 7 to 14 days). Your sleep doctor will use this information to see if you are having problems with your sleep.

Purpose of the Study

This activity and sleep study will help your sleep doctor tell if you have:

- insomnia (trouble sleeping)
- a circadian rhythm disorder
- shift-work disorder
- hypersomnia (extreme sleepiness).

How to Use an Actigraph

- Follow any instructions you receive from your sleep doctor.
- You will wear the actigraph on your non-dominant wrist. (If you are right-handed, wear the device on your left wrist.)
- Your sleep doctor will tell you how many days to wear the actigraph.

- You will wear the actigraph 24 hours a day. The only times you may take off the actigraph include:
 - when you take a shower or bath, swim or wash dishes. The actigraph is not waterproof and should not be dunked under water.
 - if you will be doing any activity that may damage the device (yard work, other physical labor). Wearing the watch during exercise will not damage the device.
- You will need to keep an activity log while you wear the actigraph. Your sleep doctor will give you a blank activity log to write down your physical activity.

Returning the Actigraph

Please return the actigraph and your activity log to Sleep Services **as soon as you finish the study.**

(over)

Results of the Study

- Your sleep doctor will look at your activity patterns and activity log to interpret your results. This will take some time.
 - Please do not call to get your results before your follow-up appointment.
- Your follow-up appointment will be scheduled with the health care provider who ordered the study.
- Your provider will talk with you about the results, your treatment options and answer any questions or concerns you have.

Call your regular health care provider if you have any general questions.

Insurance Information

- The cost of an actigraphy may be covered by your insurance provider.
- Call your insurance provider to find out exactly what is and isn't covered under your plan, and how much you have to pay yourself.