



Actigraphy

Portable diagnostic services

for recording **limb movement** in patients
– a simple home-based actigraphy **monitor**

Actigraphy records **limb movement**.

This can be used to measure sleep and wake times based on the principle that generally fewer limb movements occur during sleep.

Actigraphy is less expensive than an overnight sleep study, and gives accurate information about **sleep wake patterns**, especially when a sleep diary is also kept over that time.

What does actigraphy involve?

Limb movement is measured by an accelerometer or actimeter that looks similar to a watch. Called an **Actiwatch**, it is worn on your non-dominant wrist.

The Actiwatch has a large memory and records the level of activity over several days and nights.

How do you arrange for actigraphy to be done?

Your doctor can contact us to arrange an assessment.

The actigraphy assessment costs \$250. You will be provided with an Actiwatch and an information sheet explaining its care, which will be discussed with you.

You will be asked to keep a **sleep diary** over a week. It is recommended that you complete the diary each morning when you first get up.

There are also some questionnaires about sleep quality, daytime sleepiness, fatigue and mood to be completed. This additional information will facilitate in the assessment of your sleep wake difficulties.

- Portable diagnostics
- Simple deployment
- High quality
- Durable
- Rapid turnaround
- Cost effective
- Easy to use
- Ideal for remote use

Please see your doctor if you have any concerns about sleep disorders.

To learn more about this service
or to order a test visit:
www.woolcock.org.au/sleep.htm

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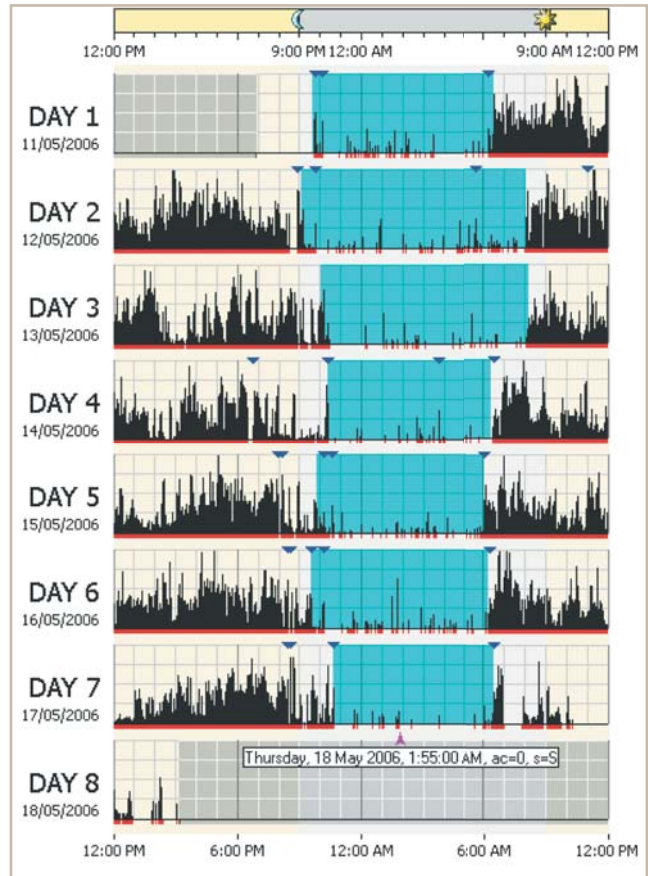
Example of an “Actigram”
 – information reported from an **Actiwatch**:

Activity Monitors – Sleep Wake Patterns



Actiwatch® is a registered trademark of Respironics Inc.

- TGA Approved Actiwatch®
- Waterproof, durable home recording for up to 11 days
- Lightweight, comfortable ergonomics
- Initialised and downloaded by professionals
- Summary statistics generated and reported
- Professional over-read and interpretation available when requested.
- Useful in clinical insomnia diagnosis and management
- Available for chronobiology, circadian rhythm and continuous operations research



Support research into Sleep Disorders

– if you would like support our research donations of \$2.00 and over are tax deductible and can be made to:
Woolcock Institute of Medical Research
 via post to PO Box M77, Missenden Rd NSW 2050,
 or by phoning 02 9515 8710.

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