Sleep monitoring using an actigraphy watch

Information for patients
Clinical Neurophysiology

What is actigraphy?
Actigraphy is a routine test carried out as an outpatient. It can monitor physical activity over a period of days or weeks.

How does actigraphy work?
A small device similar to a watch (an actiwatch) is placed around your ankle and can monitor movements over a period of time.

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.

How long will I be at the hospital?
You can expect to be at the hospital for about 20 minutes.

Where is the test done?
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?
No. You may wish to wear long trousers and socks so that the actiwatch is not visible around your ankle. The actiwatch remains in place and is showerproof so it is still worn when you shower or take a bath.

What happens during the test?
You will be fitted with the actiwatch and this stays on until you return to the hospital 1 to 2 weeks later. You will also be given a diary sheet to fill in during the monitoring time.
What happens after the test?

Please bring the device back to the Clinical Neurophysiology department on N floor. We will then look at the information which has been recorded.

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 - Friday, 8.30am - 4.30pm

Alternative formats can be available on request. Email: alternativeformats@sth.nhs.uk

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