

Introduction

You have been given this leaflet as the Doctor would like you to have an actigraphy study. This leaflet will explain what the study involves.

What does the test involve?

You will wear a device called an Actiwatch on your wrist.



The Actiwatch records motion and light. It provides information about your general activity levels, sleep, wake and nap times, as well as information about your sleep quantity and quality.

How long will the test take?

You will be asked to attend a 20-minute appointment, in which you will be asked to pick up the Actiwatch. The process of the study will be explained to you.

You will wear the Actiwatch continuously day and night for between one and four weeks. The length of time you need to wear it will depend on what your doctor requests.

What do I need to bring?

Please remember to bring your appointment letter with you. This is not essential, but it will assist when checking into the appointment.

What will I need to do following the appointment?

1. Complete a sleep diary every day.
2. Use the events marker button throughout the study to indicate scheduled sleep start and end
3. Return the Actiwatch and Sleep diary to the department upon study completion.

The Actiwatch

Wear the Actiwatch securely on your non-dominant wrist. You will need to wear it continuously (day and night) for the duration of your study. The Actiwatch is water resistant so you can wear it in the bath or shower for up to 30 minutes. However, if you take part in contact sports, please remove for that period of time. Please take care of the Actiwatch while it is in your possession.

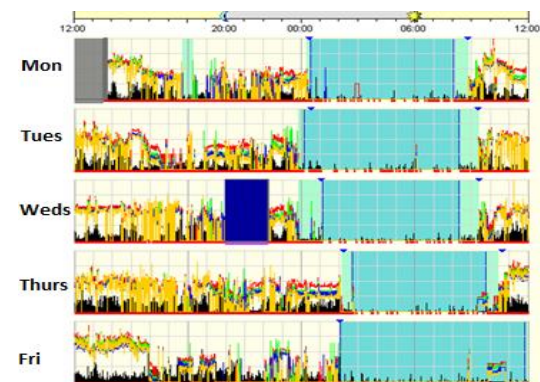
The Sleep diary

This diary should contain information on

daily activities, caffeine (tea, coffee and some fizzy/energy drinks) and alcohol consumption, current medication (include any sleeping tablets and non-prescribed medications), exercise, electronic device usage (e.g. computer, laptop, TV), and sleep/nap times.

Your study results

The results from this test (Actiwatch data and Sleep diary) will help us to understand what may be causing your current symptoms. They will also help us to determine appropriate treatment, if necessary.



Your medical history and current medication will also be taken into account.

Sometimes results may be inconclusive. If this is the case, the doctor may request further tests. Your results will be sent to you by letter which will explain any treatments or recommendations.

Contact details

If you are unable to attend your sleep test or have any questions or concerns about your appointment please call us on **020 3311 7188**.

Alternatively, you can email us at imperial.sleeplab@nhs.net

How to find the sleep centre

The Charing Cross Hospital Sleep Centre is located on the fourth floor, north wing. The location details will also be in your appointment letter.

Travelling to the hospital

When travelling by car you may find it difficult to park as parking space is limited on site.

For public transport, the nearest **tube stations** are **Barons Court** (Piccadilly and District lines) and **Hammersmith** (Piccadilly, District or Hammersmith & City lines). **Buses** that stop outside the hospital are numbers **190, 211, 220** and **295**.

Cycle parking is available near the main entrance. **London cycle hire docks** are available at the back of the hospital.

If you require **hospital transport**, please call **020 3311 5353** for an eligibility check.

How do I make a comment about my experience?

If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3313 0088**. You can also email PALS at imperial.pals@nhs.net

Alternatively, if you wish to complain contact:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street London W2 1NY

Email: ICHC-tr.Complaints@nhs.net

Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team: imperial.communications@nhs.net



Imperial College Healthcare
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Your actigraphy study



Information for patients, relatives and carers

Sleep services
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