

Sleep Centre

# Your actigraphy study

## Information for patients, relatives and carers

### Introduction

You have been given this leaflet because the doctor would like you to have an actigraphy study that looks into your sleep habits and activity levels throughout the day. 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 to 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 help when checking into the appointment.

### What will I need to do after the appointment?

1. Complete a sleep diary every day.
2. Use the events marker button (left side button) throughout the study to indicate the start and end of scheduled sleep.
3. Return the Actiwatch and sleep diary to the department when the study ends.

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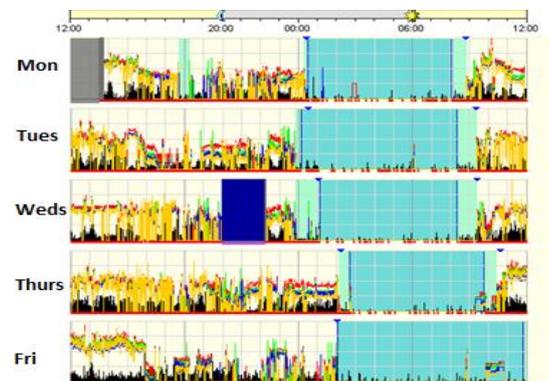
## The Actiwatch

- Wear the Actiwatch securely on your non-dominant wrist.
- You will need to wear it continuously (all the time, 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 it for that period of time.
- Please take care of the Actiwatch while it is in your possession.

## The sleep diary

Use this diary to record your daily activities, including:

- caffeine consumption – tea, coffee and some fizzy and energy drinks
- alcohol consumption
- current medication (include any sleeping tablets and non-prescribed medications)
- exercise
- use of electronic devices, for example, smartphone, tablet, computer, laptop, TV
- sleep and 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.

You will get your results in a letter, which will explain any treatments or recommendations.

Sometimes, results may be inconclusive. If this is the case, the doctor may request further tests.

## 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.sleep@nhs.net](mailto:imperial.sleep@nhs.net)

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## How to find the Sleep Centre

You can find the Sleep Centre on the fourth floor, of the north wing, of Charing Cross Hospital, Fulham Palace Road, London, W6 8RF.

The location details will also be in your appointment letter.

## How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. 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 3312 7777** (10.00 – 16.00, Monday to Friday). You can also email PALS at [imperial.pals@nhs.net](mailto:imperial.pals@nhs.net) The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

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

Email: [ICHC-tr.Complaints@nhs.net](mailto: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](mailto:imperial.communications@nhs.net)

## Wi-fi

Wi-fi is available at our Trust. For more information visit our website: [www.imperial.nhs.uk](http://www.imperial.nhs.uk)