

# How to use an actigraphy watch

## Information for patients, parents and guardians

We have given you this factsheet because we have asked your child to wear an actigraphy watch at home. It explains what an actigraphy watch is and how to use it. We hope it will help to answer some of the questions you may have. If you have any further questions or concerns, please speak to a member of our team.

### What is an actigraphy watch?

An actigraphy watch is a medical device that records information about sleep and wake patterns. Some watches also record light levels. It is worn on the wrist like a watch.

### Why does my child need to wear an actigraphy watch?

The information recorded by the actigraphy watch will help us to diagnose any sleep disorders and decide what the right treatment is for your child.

### How long will my child need to wear an actigraphy watch for?

Your child will need to wear the watch for \_\_\_\_\_ weeks.

### Wearing the actigraphy watch

Your child should wear the actigraphy watch securely on their non-dominant wrist (the hand they use least).

The actigraphy watch is not waterproof. Please ensure your child does not get it wet while wearing it.

### Using the actigraphy watch

We have pre-set the actigraphy watch so it is ready to be used by your child. You will not need to press any buttons.

1. When your child goes to bed, put the actigraphy watch on their wrist.
2. When your child gets up the next morning, remove the actigraphy watch.
3. Repeat the steps above each day that your child wears the actigraphy watch.

If an orange light comes on and remains on, the actigraphy watch may not be recording properly. Please contact us if this happens.

### Sleep diary

In addition to the actigraphy watch, we have also given you a blank sleep diary to fill out for your child. This diary will help:

- us to interpret the data from the actigraphy watch
- you to keep track of your child's sleep schedule

Please complete all the sections in the diary each day that your child wears the actigraphy watch.

### **Returning the actigraphy watch**

We will confirm a date and time for you to return your child's completed sleep diary and actigraphy watch to our department. Failure to return these items on time may result in us having to postpone or cancel scheduled appointments for other children on our waiting list. It may also delay us diagnosing and treating your child.

### **When will I receive my child's results?**

We will analyse the data from the actigraphy watch and then send a report to your child's sleep doctor to review. We will then usually send you a letter with a summary of your child's results within a month of you returning the actigraphy watch.

### **Contact us**

If you have any concerns or questions, please contact us.

Children's neuro-sleep physiology team  
Telephone: **023 8120 8368**

Medicine review actigraphy  
Telephone: **023 8120 3415**

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