

Patient information factsheet

Actigraphy study

We have given you this factsheet because your doctor has referred you for an actigraphy study. It explains what an actigraphy study is and what it involves so that you know what to expect. We hope it will help to answer some of the questions you may have. If you have any further questions or concerns, please contact us using the details at the end of this factsheet.

What is an actigraphy study?

An actigraphy study is a simple test used to assess your sleep and wake patterns.

The test involves wearing a device called an Actiwatch on your non-dominant wrist (the hand you use least) for a set period of time (usually two weeks). The Actiwatch looks similar to a wristwatch or fitness tracker and it records movement and light. You will also need to complete a sleep diary alongside wearing the Actiwatch.

Why do I need to have this test?

Your doctor has referred you for an actigraphy study because you may be experiencing poor quality or restless sleep without a clear cause.

The data recorded by the Actiwatch will provide our specialists with useful information about your usual sleep and wake patterns (including any naps that you may take) as well as your sleep quality and quantity. This will help us to better understand the cause of your symptoms and provide recommendations for the right treatment, if necessary.

Your doctor may have also referred you for additional tests (for example, an overnight sleep study). If this is the case, please make sure you read your appointment letters and the separate factsheet we have sent you carefully.

How should I prepare for the test?

No special preparation is needed for this test.

What will happen before the test?

We will send you two appointment letters; one to collect the Actiwatch and another to return it to us after the test is complete.

Contact us as soon as you receive your appointment letter if you:

- are unable to attend the date we have arranged for you (cancelling the actigraphy study may affect other upcoming sleep tests you have arranged)
- think your usual sleep schedule will be affected around the time of your actigraphy study (for example, if you have just returned from a long-haul flight or if there is due to be a significant change to your usual work shift pattern) as this may affect the results of the study

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The appointment to collect the Actiwatch will take around 30 minutes. At this appointment, you will meet with a sleep physiologist (sleep specialist). The sleep physiologist will:

- explain how to use the Actiwatch and give you written instructions
- give you a sleep diary to complete and explain what this involves
- answer any questions you may have

What will happen during the test?

Actiwatch

You will need to wear the Actiwatch continuously day and night for two weeks, unless we have advised you otherwise.

It is important that you take special care of the Actiwatch while it is in your possession.

The Actiwatch should be:

- worn on your non-dominant wrist over the top of your clothing (this is to ensure the Actiwatch receives enough light exposure)
- removed if you are participating in any contact sports (make sure to record in your sleep diary why you have removed the Actiwatch and for how long)

Please note that the Actiwatch is waterproof so it can be worn in the bath or shower.

Sleep diary

You will need to complete a sleep diary alongside wearing the Actiwatch. The information from the sleep diary will help us to interpret the data recorded by the Actiwatch.

You should complete your sleep diary **each day**. Please make sure to record all relevant information, such as your sleep and nap times and whether you have:

- drunk any caffeinated drinks or alcohol
- used any electronic devices
- taken any medication (both prescribed medication and herbal remedies)
- performed any exercise

What will happen after the test?

After the test is complete, you must return the Actiwatch and your sleep diary to the adult sleep service department (Wilverley Clinics, Lymington New Forest Hospital). Please see your appointment letter for more details. The adult sleep service department is open Monday to Friday, 8.30am to 4.30pm.

If we have arranged for you to have an overnight sleep study after your actigraphy study, please return the Actiwatch to us at the time of your scheduled sleep study.

Are there any risks or side effects?

There are no known risks or side effects associated with this test.

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When will I receive my results?

We will analyse the data from your Actiwatch and your sleep diary. Please be aware that this can take some time. Once we have analysed the data, we will upload our findings to your electronic patient record. Depending on your results, we will either send you a letter inviting you for a review appointment or a clinic letter explaining your results and what happens next. We will also send your results to the doctor who referred you for the test.

If we think you need any further tests or treatments, we will arrange these for you.

Contact us

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

Adult sleep service team

Telephone: **023 8120 1947** (Monday to Friday, 8.30am to 4.30pm)

If we are unable to answer your call, please leave a message with your name, hospital number, NHS number or date of birth, and we will call you back as soon as we can.

If you would like to cancel or reschedule your appointment, please contact our sleep admin team on **023 8120 6225** (Monday to Friday, 8am to 4pm).

If you are a patient at one of our hospitals and need this document translated, or in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email **patientsupporthub@uhs.nhs.uk**

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**