

## Actigraph monitoring and instructions

An **actigraphy** monitors the amount and quality of your sleep, your circadian rhythm, as well as the distribution of your daytime activity.

Please reserve about 30 minutes for the instruction visit.

### Preparation for examination

An actigraph is a sensitive device that monitors movement. You need to wear it on your wrist **the entire monitoring time**, night and day.

### Examination

Attach the actigraph to your wrist when you receive it. The device endures all kinds of regular exercise, sweating etc. Avoid bumping it into doorframes, for example. The device does not need to be in contact with your skin. It can be positioned on top of your sleeve. You can also switch the device to your other hand, especially if your skin starts to become irritated.

Remove the actigraph when you have a shower, sauna or swim, and put it back on after having dried off.

### Instructions for use

- Press the button on the actigraph firmly once when you have turned off the lights and are about to go to sleep. Press the button again in the morning when you get up. Write down these times in the reserved sections in your sleep diary.
- Also press the button if you are about to have a nap longer than 20 minutes.
- On the monitoring days, fill in the sleep diary according to its instructions.

**Return the actigraph to the clinical neurophysiology unit at the designated time after the monitoring is over.**

### After the examination

You will receive the results of the examination from the doctor who treats you. If you do not know how to find out the results, please contact the outpatient clinic or ward that referred you to this examination.

### Other things to note

Please take your Kela-card or identification with you.

You will not be charged for the examination separately.

Cancel the appointment if you cannot come.



## **Patient Instructions**

HUS Medical Imaging Center

Clinical Neurophysiology

[www.tutkimukseen.fi](http://www.tutkimukseen.fi)

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