

Actigraph-Watch Instructions

(MotionWatch 8)



- We would like you to wear this watch-like device, called an **acti-watch**. The watch will measure your sleep-wake pattern by detecting movement.
- We would like you to wear the watch on the opposite wrist from the one you write with, **24 hours a day for the next 2 weeks**.
- The watch also contains a light sensor, which measures the light intensity wherever you are. It is ideal that the watch **is not covered by a sleeve or jacket**. (However, your personal comfort is more important especially during colder temperatures so do not worry if the watch gets covered).
- The **watch can be worn whilst showering and washing up** (and any other ‘wet activities’), though you can take it off if you don’t wish to get the watch wet. If you do take it off please remember to put your watch back on afterwards.
- If the watch has been off the wrist for more than an hour, then **please write down** when this happened.
- The **button** should be pressed in bed (before attempting to sleep) and when getting out of bed (no longer attempting to sleep). A **red light** should flash when you press this button.

If you have any problems using the acti-watch, please contact _____
who gave you the watch on: _____

Many thanks.

Sleep Diary

Day	Got up (for the last time in the morning)	Bed time (for the first time in the evening)	Nap(s) during the day
<i>Example: Sunday 3rd July</i>	<i>7:45am</i>	<i>10:15pm</i>	<i>1pm to 1:30pm</i>
			

			