



Texas Children's®

CHILDREN'S SLEEP CENTER

# WEARING YOUR ACTIGRAPHY & USING THE SLEEP DIARY

Children's Sleep Center | Texas Children's Hospital

<https://www.texaschildrens.org/departments/sleep-center>



## THE ACTIGRAPH

- The actigraph is a medical recording device worn on the wrist just like a watch.
  - It records movement and light levels
- The sleep physician will review the information along with a diary you will keep.
  - This will help the physician determine your sleep patterns.



Light Sensor



## WEARING THE ACTIGRAPH

- At the time of your phone call place the watch on your non-dominant wrist just like a wrist watch.
  - If you are right handed wear it on your left wrist.
  - If you are left handed wear it on your right wrist.





## WEARING THE ACTIGRAPH

- When do I take it off?
  - During any contact sports.
    - Baseball, football, soccer, martial arts, etc.
  - During any water activity.
    - Bathing, swimming, etc.
- Do I wear it at night?
  - Yes!





## WEARING THE ACTIGRAPH

- Be sure to continue to wear your actigraph daily until the time of your appointment for your sleep study or visit with the doctor.









# THE SLEEP DIARY

- The second page has an example day filled out.

✓ Date    ✓ Day #

In the below example the patient woke up at 8:00 a.m. then took a nap from 2:00 p.m. until 5:00 p.m. then went to sleep for the night at 10:00 p.m. and awoke again in the morning at 7:00 a.m.

Date	Day	8:00 AM	9:00 AM	10:00 AM	11:00 AM	12:00 PM	1:00 PM	2:00 PM	3:00 PM	4:00 PM	5:00 PM	6:00 PM	7:00 PM	8:00 PM	9:00 PM	10:00 PM	11:00 PM	12:00 AM	1:00 AM	2:00 AM	3:00 AM	4:00 AM	5:00 AM	6:00 AM	7:00 AM	Rate your child's quality of sleep	Rate your child's level of quality of awakenings	Rate your child's mood or awakening
7/4/2011	Day 1	↑						↓	-	-	↑					↓	-	-	-	-	-	-	-	-	↑			





# THE SLEEP DIARY

- In this example the patient woke up at 8:00 a.m. and took a nap from 2:00p.m. to 5:00p.m.

✓ Wake time    ✓ Nap begins

In the below **example** the patient woke up at 8:00 a.m. then took a nap from 2:00 p.m. until 5:00 p.m. then went to sleep for the night at 10:00 p.m. and awoke again in the morning at 7:00 a.m.

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7/4/2011	Day 1	↑						↓	-	-	↑					↓	-	-	-	-	-	-	-	-	↑			



# THE SLEEP DIARY

- The nap lasts until 5 p.m. and then the patient wakes up.

✓ Sleep time      ✓ Wake time

In the below **example** the patient woke up at 8:00 a.m. then took a nap from 2:00 p.m. until 5:00 p.m. then went to sleep for the night at 10:00 p.m. and awoke again in the morning at 7:00 a.m.

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7/4/2011	Day 1	↑						↓	-	-	↑					↓	-	-	-	-	-	-	-	-	↑			



# THE SLEEP DIARY

- We see the patient again goes to sleep at 10pm and awakens at 7a.m.

✓ Bed time

✓ Sleep time

✓ Wake time

In the below **example** the patient woke up at 8:00 a.m. then took a nap from 2:00 p.m. until 5:00 p.m. then went to sleep for the night at 10:00 p.m. and awoke again in the morning at 7:00 a.m.

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7/4/2011	Day 1	↑						↓	-	-	↑					↓	-	-	-	-	-	-	-	-	↑			



# THE SLEEP DIARY

- Note that each day begins at 8a.m. and ends at 7a.m. the next morning.

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7/4/2011	Day 1	↑						↓	-	-	↑					↓	-	-	-	-	-	-	-	-	↑			





## CONTACT & SUPPORT

- If you have further questions please call us!
  - Main Sleep Center Contact Number
    - 832-826-2156
- If you are having a sleep study after your actigraphy please visit our website to find:
  - Child friendly video you can watch together! (English & Spanish)
  - Step-by-step story board you can read together! (English & Spanish)



**Texas Children's<sup>®</sup>**

**COMMENTS/QUESTIONS?**