

## INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS

# Actigraphy home study

Your doctor has requested that we perform a three-week home test, known as an actigraphy.

### Test instructions

An actigraphy study involves attending the hospital to collect a device from a designated reception area, which shall be indicated on your appointment letter.

The device should be worn on your wrist (whichever one feels the most comfortable). It should be always worn for three weeks, apart from when bathing or swimming as it should not be fully submerged in water.

Full instructions will be placed in the box provided with the device and a verbal explanation given at the time of collection.

Relatives and carers may collect and return the device on behalf of the patient if necessary.



At the time of the original appointment to collect the device, a follow-up shall be given for three weeks later. This appointment is for the return of the device.

The device should be returned on the given date, otherwise the battery power may be affected, which could result in the data from the study being lost.

### Results

A consultant will look at the results from the study and an appointment shall be made to discuss these further. Any further tests or treatments required will be arranged as necessary.

Please note that you will not be given the results on the day of your test.

**Any additional information can be found on your appointment letter.**

### Contact details

Sleep Service  
Telephone: 01623 672484  
Email: [sfh-tr.sleep.clinic@nhs.net](mailto:sfh-tr.sleep.clinic@nhs.net)

King's Mill Hospital  
Mansfield Road  
Sutton in Ashfield  
Notts  
NG17 4JL

Newark Hospital  
Boundary Road  
Newark  
Notts  
NG24 4DE

## Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns, or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

To be completed by the Communications office  
Leaflet code: PIL202306-01-ACT  
Created: June 2023 / Review Date: December 2023