RSCM
RESPIRATORY SLEEP AND COMPREHENSIVE INTERNAL MEDICINE

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Actigraphy Patient Information Sheet

What is Actigraphy?

Actigraphy uses a wearable device to objectively monitor your sleep-wake cycles in your natural environment. Your doctor has recommended this test to help diagnose sleep disorders, assess circadian rhythms, or monitor treatment efficacy.

About the GENEActiv Device

The GENEActiv device is similar to a watch and it is easy to wear and requires no additional interaction from the wearer. The device will continuously record data. It purposefully does not provide any feedback at all.

GENEActiv is constructed from medical grade plastics. The buckle is nickel-free stainless steel, as per watch industry standard, and the strap is made of PU resin. In the unlikely event that you do experience any skin irritation, we recommend you take the device off and inform the reception at RSCM as soon as possible.

GENEActiv measures movement, light and temperature as unfiltered raw data. It has the capability to detect movements such as general activity, sleep, tremor or posture. It does not transmit any signals. It simply records movement data onto the device.

How to Wear Your Device

- **Wrist Placement:** Wear the GENEActiv device on the wrist of your non-dominant hand (e.g., if you are right-handed, wear it on your left).
- **Duration:** Keep the device on continuously, day and night, for the entire duration requested by your sleep physician (typically 2 weeks).
- **Do Not Remove:** Avoid taking the device off. It is highly robust and fully waterproof (up to 10m). You can wear it while bathing, showering, or swimming. You will need to remove the device if you are undergoing a medical scan and the device cannot be worn in a sauna.

Daily Instructions

- **Complete the Sleep Diary:** You will be provided with a sleep diary. Use it to record key details like when you went to bed, when you woke up, daytime naps, and when you remove the device (e.g., for a medical scan) as well as timing of meals, exercise,

caffeine and alcohol intake. The sleep scientist will show you how to complete the diary when you pick up the device.
- **Maintain Your Routine:** Continue your normal daily activities. The device will monitor your patterns naturally.
- **Do Not Charge:** The device has a long battery life and will continuously record without needing to be charged during your monitoring period.
- **Cleaning of the Device:** The device can be wiped or scrubbed with warm soapy water or antibacterial wipes if necessary. Do not spray perfumes or use lotions directly on the GENEActiv.

Privacy & Security

- **No Location Tracking:** The device does not have GPS or location-recording capabilities.
- **Secure Data:** No personally identifiable information is stored on the device itself. Your recorded motion data is only linked to your identity by RSCM Sleep Scientist using a secure database.

Returning the Device

Once your monitoring period is complete, remove the device and return it to RSCM, along with completed diaries. Our office is open from 830am Monday to Friday.

Important Information

Medicare Rebate: Actigraphy does not currently attract a Medicare Rebate and the full fee is payable at the time you pick up the device.

Cancellations: If you need to cancel or reschedule, please let RSCM know as soon as possible. As the study duration is usually 2 weeks, it is likely that your rescheduled actigraphy appointment may be several months away.

Contact Information

If you have questions before your appointment or need to reschedule:

- **Phone:** 02 6166 1133
- **Hours:** 08:30 to 17:00 hrs Monday-Friday
- **After-hours contact on day of study: 0401 766 087**
- **Email:** Reception@rscm.com.au

This information sheet is for general guidance only. Please discuss any specific concerns with your Sleep Physician or our Friendly Sleep Technologists.