

# **INSTALLING AND OPERATING** YOUR ACTIMETER



### Important



Do not immerse the device or use it in the shower.



Do not use caustic products (such as bleach).



Remove the device in case of contact sport.

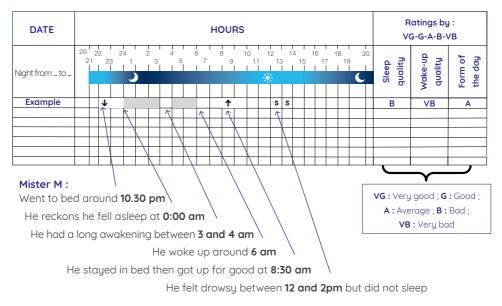
## HOW TO FILL IN THE SLEEP DIARY ?

The diary is filled in throughout the day with regular annotations, in accordance with the duration defined by the doctor, and in parallel with actimetry.

#### · Legends to be used :



### • Example :



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Find all this information on video by scanning the QR code or on our page : cenas.ch/en/actimetry