

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.

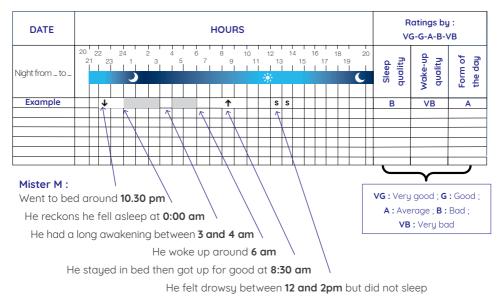
HOW TO FILL IN THE SLEEP DIARY ?

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