

INSTALLING AND OPERATING YOUR ACTIMETER



Pick up at the center

Put the actimeter on the non-dominant arm and keep it on the wrist **for the duration defined by the sleep physician.**



At the end of the examination

- When you wake up, remove the actimeter
- Bring it back to the Cenas center

The results will be analyzed and forwarded to the prescribing physician.

Press the button at bedtime and at wake-up.



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 :

↓ Bedtime
 Sleep or nap
 ↑ Wake-up time

s Daytime sleepiness
 } Long awakening
 R R R

• Example :

DATE	HOURS	Ratings by : VG-G-A-B-VB		
		Sleep quality	Wake-up quality	Form of the day
Night from ... to ...	20 21 22 23 24 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20			
Example		B	VB	A

Mister M :

Went to bed around **10.30 pm**

He reckons he fell asleep at **0:00 am**

He had a long awakening between **3 and 4 am**

He woke up around **6 am**

He stayed in bed then got up for good at **8:30 am**

He felt drowsy between **12 and 2pm** but did not sleep

VG : Very good ; **G** : Good ;
A : Average ; **B** : Bad ;
VB : Very bad

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

