

ACTIMETRY PRACTICAL GUIDE

To carry out an actigraphy at home, please follow the instructions in this document.

Step 1

Wear the actigraph on your non-dominant wrist and keep it on for the duration specified by your sleep doctor.

Step 2

Press the central button at bedtime to start it, and when you wake up to stop it.

Step 3

Along with your actigraphy, fill in the sleep diary by making regular notes (see reverse side).

Step 4

Upon waking, remove the actigraph and bring it back to the Cenas center. The results will be analyzed and forwarded to your physician.



Remove your actigraph when you take a shower, during contact sports, or if you handle caustic products.

**To learn how to correctly fill in your sleep diary,
scan the QR code below:**



This diary will help us understand
your daily sleep habits.

www.cenas.ch

Follow Cenas on social media



centrecenas



cenasmedsommeil



cenascentredusommeil



cenas centre du sommeil