

Frequently asked questions

What if my child is unwell?

If your child has had a recent respiratory illness or fever, please contact the Specialist Nurses to discuss whether the study needs to be rescheduled.

What if I can't collect the equipment?

We do need to meet the parent/carer on the initial visit so that we can discuss the test and answer any queries. If you cannot make your appointment, please call the appointment co-ordinator to rearrange.

What days will my appointments be?

Usually you will be offered an initial appointment on a Monday morning and a return appointment on a Thursday morning.

What if I can't return the watch as planned?

It's important that we receive the equipment so we can obtain your child's measurements and use the machine for other patients. If you are unable to return the equipment as originally agreed, please contact the sleep practitioner as soon as possible.

Contact details

For further help or queries telephone:

Paediatric Respiratory Sleep Practitioner 01782 671931.

Appointment co-ordinator 01782 672374.



Staffordshire
Children's
Hospital at
Royal Stoke

NHS
University Hospitals
of North Midlands
NHS Trust

Patient Information Leaflet

Actigraphy



Please speak to a member of staff if you need this leaflet in large print, braille, audio or another language

Introduction

This leaflet provides you with information on the study of actigraphy for your child.

It is not meant to replace the discussion between you and your doctor or nurse but may act as a starting point for discussion.

If after reading it you have any concerns or require further explanation, please discuss this with a member of the Team who has been caring for you.

What is actigraphy?

This is a test which records movement during the day and night over a specified period of time and this will be discussed at your appointment.

The movements are recorded on a watch-like device worn on the wrist or ankle.

The test does not hurt and is carried out at home for a specified time period.

Why does my child need a study?

The Paediatric Sleep department has asked that your child has this test so that they can assess your child's current sleep and wake pattern. It will also show any night disturbances or wake periods.

Your appointment

An appointment will be booked which usually takes 15 to 20 minutes so you can collect the equipment. This is loaned to you by the hospital.

The study at home

- Your child will be asked to wear a small watch on their non-dominant hand (the hand that they do not write with). Younger children may wear the watch on their ankle.
- The watch should only be removed when showering, bathing, swimming (it is not waterproof) or playing contact sports.
- You will be asked to press the blue event button each time you get into bed and when you get out of bed.
- It is important that you also fill in the actigraphy diary provided which will be explained to you when you collect the device.

Returning the equipment

- The equipment and actigraphy diary need to be returned to the Child Development Centre at the Hospital after your child's study.
- The Nurse will tell you the day and time for this.
- The equipment can be brought back by any member of the family. Your child does not need to come with you.
- Once returned, the information from the watch is reviewed alongside the diary by a member of the Sleep Team.
- You will be contacted about the results via telephone or letter.