



Patient Guide

Using the Actiwatch detectors to measure leg movements over 3 consecutive nights in your home

A guide to using the Actiwatch detectors to measure leg movements over 3 consecutive nights in your home.

The pack contains the following items:

Alcohol wipes, strips of tape, cotton wool and 2 detectors



To attach the detectors please follow the four instructions on the opposite page.

Please put the detectors on one hour before you go to bed.

The detectors should only be removed once you get up in the morning. The alcohol wipes can be used to clean the detectors between assessment nights, if you wish.

If you have any queries about the use of the movement detectors please call the Sleep Centre, Monday - Friday during office hours on 01480 364257 or 01480 364170.

Application instructions



1. Place pieces of cotton wool on the base of your big toe as shown above.



2. Place the movement detector on top of the cotton wool metal side down. Please note they are marked L and R for the left and right feet.



3. Stick the tape firmly over the detector.



4. Socks can be worn over the top (if desired) once the movement detectors have been attached as shown.

You are now set up and ready for the study to start. The movement detectors are set to start recording automatically.



Large print copies and alternative languages can be made available on request.

Papworth is a smoke free site.



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