



A patient’s guide to understanding Actigraphy for the Evaluation of Sleep Disorders and Sleep-Related Body Clock Disorders

This patient’s guide summarizes the AASM’s recommendations for using actigraphy to evaluate sleep and sleep-related body clock disorders (also known as circadian rhythm sleep-wake disorders). This guide will help you know what to expect when talking with your medical provider. If you want more information you can read the [full clinical practice guideline](#).

WHAT IS ACTIGRAPHY?

Actigraphy is a way to identify patterns in your sleep based on how much you move while asleep and awake. The actigraphy devices often look like wrist watches. Your medical provider may ask you to wear an actigraphy device for 3-14 days.

WHAT DISORDERS CAN BE EVALUATED BY ACTIGRAPHY?

Your medical provider may use actigraphy to evaluate the following disorders:

DISORDER	TYPE OF PATIENTS	PURPOSE
Insomnia	Adults and children	To monitor your sleep patterns
sleep-related body clock disorders	Adults and children	To monitor your sleep patterns
Sleep-disordered breathing	Adults	To track how long you are asleep, as part of a home sleep apnea testing device
Brain-related causes of sleepiness	Adults and children	To track how long you normally sleep, before doing a Multiple Sleep Latency Test
Insufficient sleep syndrome	Adults	To track how long you normally sleep

WHAT DISORDERS SHOULD NOT BE EVALUATED BY ACTIGRAPHY?

Your medical provider should not use actigraphy to diagnose periodic limb movement disorder in adults and children.

NEXT STEPS

You should always talk with your medical provider if you think you have one of these sleep disorders. For more information about actigraphy or to find an accredited sleep center near you, please visit sleepeducation.com