

Sleep physiology service, St Mary's Hospital

Actigraphy and sleep diary for children and adolescents

Information for patients, relatives and carers

What does this sleep study involve?

We will give your child a small watch-like device (actigraphy watch) to wear on their wrist that measures movement and light. They will wear this device for 1 or 2 weeks. At the same time, we will ask you to fill out the Sleep Diary we will give you. The information gathered from these will help the doctors better understand your child's sleep patterns and behaviours.

The study is not invasive; it does **not** involve any needles or medicines and it does **not** hurt.

You and your child will come to hospital for a 30 min appointment. We will give you the equipment and tell you how to fill in the diary. They will wear the actigraphy watch **at all times** at home for the next one to two weeks and fill in the Sleep Diary every morning and evening.

You will return the actigraphy watch and Sleep Diary to the same location you picked it up from. **The physiologist will give you the time and date to do this at your first appointment.**

Before your appointment

You should receive an email or letter to confirm the appointment date, time and location. It is **important to arrive at the time on your letter.**

If you are running late, cannot attend the appointment, or your child is unwell on the day of the appointment, then please phone as soon as possible to let us know. Please ring or message the administrator on 07881 851 536 Monday to Friday, 08.00 – 16.00.

When you arrive at the hospital

When you arrive, please:

1. Go to Queen Elizabeth the Queen Mother (QEQM) building and take the lift to level 6
2. **Press the call button** outside the **children's outpatient department** and wait for a member of staff to let you in

We will then take you and your child to a private room for your appointment. We will explain how to use the equipment and how to fill out the Sleep Diary.

We will also give you an information sheet on how to use the equipment along with a phone number to call if you have any issues.

What happens after the study?

You will need to **return the actigraphy watch and Sleep Diary at the date and time agreed with the physiologist**. Please drop the equipment to the same place you got it from; with the reception staff of the children's outpatient department (6th floor QEQM building).

It can take one to two weeks to analyse and report the results of the study, because the actigraphy watch collects a large amount of information. The final report will be sent to your doctor and they will talk to you about the results in your next appointment.

Contact us

If you are unable to attend your appointment or have any questions or concerns, please contact us on:

07881 851 536 (sleep study administrator)

We are open Monday to Friday, 08.00 to 16.00.

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3312 7777** (10.00 – 16.00, Monday to Friday). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY

Email: ICHC-tr.Complaints@nhs.net

Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team: imperial.communications@nhs.net

Wi-fi

Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk