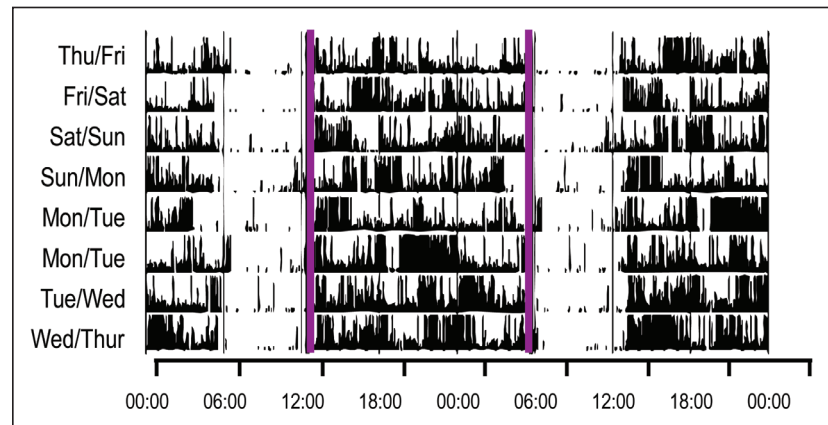


# Actigraphy

- Portable device that records activity<sup>1</sup>
- Diagnostic tool to collect data about sleep/wake patterns over time<sup>1,2</sup>
  - Most commonly used in sleep clinic
  - Not required for diagnosis of SWD
  - Can help evaluate patients with suspected shift work disorder
- Worn outside the physician's office for at least 7 days<sup>2</sup>
- CPT billing code 95803
  - Reimbursement may require Medical Director review



## Actigraph Output



Actigraphy is typically used to estimate sleep onset and duration based on the relative lack of movement activity during sleep.

## SELECTED PUBLICATIONS

Ancoli-Israel S, Cole R, Alessi C, et al. The role of actigraphy in the study of sleep and circadian rhythms. *Sleep*. 2003 May 1;26(3):342-92.

Morgenthaler T, Alessi C, Friedman L, et al; Standards of Practice Committee; American Academy of Sleep Medicine. Practice parameters for the use of actigraphy in the assessment of sleep and sleep disorders: an update for 2007. *Sleep*. 2007;30(4):519-529.

Saksvik IB, Bjorvatn B, Harvey AG, et al. Adaptation and readaptation to different shift work schedules measured with sleep diary and actigraphy. *J Occup Health Psychol*. 2011;16(3):331-344.

Sack RL, Auckley D, Auger RR, et al; American Academy of Sleep Medicine. Circadian rhythm sleep disorders: part I, basic principles, shift work and jet lag disorders. An American Academy of Sleep Medicine review. *Sleep*. 2007;30(11):1460-1483.

## ARTICLES

Actigraphy Is A Useful Way To Assess And Manage Sleep Disorders [www.sleepdisordersguide.com/blog/sleepdisorders/actigraphy-is-a-useful-way-to-assess-and-manage-sleep-disorders/](http://www.sleepdisordersguide.com/blog/sleepdisorders/actigraphy-is-a-useful-way-to-assess-and-manage-sleep-disorders/)

Actigraphy to assess and manage sleep disorders <http://medicineworld.org/cancer/lead/4-2007/actigraphy-to-assess-and-manage-sleep-disorders.html>

## WEB SITES

Actigraph [www.theactigraph.com/](http://www.theactigraph.com/)

Ambulatory Monitoring, Inc. [www.ambulatory-monitoring.com/](http://www.ambulatory-monitoring.com/)

Philips Sense and Simplicity. Actiwatch [www.healthcare.philips.com/main/homehealth/sleep/actiwatch/default.wpd](http://www.healthcare.philips.com/main/homehealth/sleep/actiwatch/default.wpd)

## References

1. Morgenthaler TI, et al. *Sleep*. 2007;30:519-529.

2. *International Classification of Sleep Disorders Diagnostic and Coding Manual*. 2nd ed. Westchester, IL: American Academy of Sleep Medicine; 2005.