Actigraphy

- Portable device that records activity
- Diagnostic tool to collect data about sleep/wake patterns over time
  - 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
- CPT billing code 95803
  - Reimbursement may require Medical Director review

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

SELECTED PUBLICATIONS

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.html

WEB SITES
Actigraph www.theactigraph.com/
Ambulatory Monitoring, Inc. www.ambulatory-monitoring.com/
Philips Sense and Simplicity Actiwatch www.healthcare.philips.com/main/homehealth/sleep/actiwatch/default.wpd

References