The Actiwatch is a compact battery operated activity monitor that looks like a wrist watch. It is generally used to measure patterns of the sleep/wake cycle. Through the use of an accelerometer, motion is measured and the activity is stored within the device.

The Actiwatch comes with its own software for data processing and display. The data produces a graphical display which plots periods of rest and activity.

For people living with dementia who experience difficulty in sleeping, they may sleep during the day and are awake and restless at night. Some are no longer able to tell the difference between night and day.

The Actiwatch is used by clinicians to help diagnose, measure and monitor individuals experiencing sleep disorders.

**APPLICATIONS**

For people living with dementia who experience difficulty in sleeping.

They may sleep during the day and are awake and restless at night. Some are no longer able to tell the difference between night and day.

The Actiwatch is used by clinicians to help diagnose, measure and monitor individuals experiencing sleep disorders.

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Disclaimer: This information is a guide only. Alzheimer’s WA Ltd does not endorse any of the manufacturers, suppliers or the use of any of the products featured. It is recommended that an assessment be sought from the Independent Living Centre or an Aged Care Assessment Team prior to purchasing Assistive Technology.

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