Actiwatch

WEARER GUIDE

PHILIPS

RESPIRONICS

Intended Use

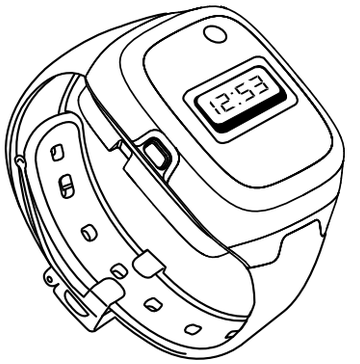
The Actiwatch devices are wrist-worn activity data recorders that can record data relevant to circadian rhythms and sleep parameters in any instance where quantifiable analysis of physical motion is desirable.

In addition, the Actiwatch Spectrum PRO device has a built-in score pad that allows the subject to subjectively assign and enter a numeric score. The score pad can be used as a substitute or in addition to the traditional patient diary used in conjunction with activity data recording.

Caution! *US Federal law restricts this device to sale by or on the order of a physician.*

Warnings

- Discontinue use if skin reddening or inflammation appears.
- If the device becomes damaged, discontinue use and return it for a replacement.
- Do not attempt to take the device apart. No user-serviceable parts are inside.



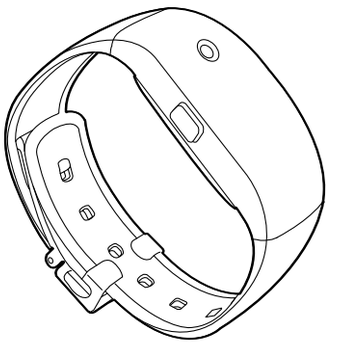
Actiwatch Spectrum PRO or Plus

What is Actiwatch?

Actiwatch is a medical device that records motion and light.

What will it tell about me?

The Actiwatch provides information about your general activity, sleep schedule, naps, wake episodes, as well as information about your sleep quantity and quality.



Actiwatch 2

Where and how do I wear it?

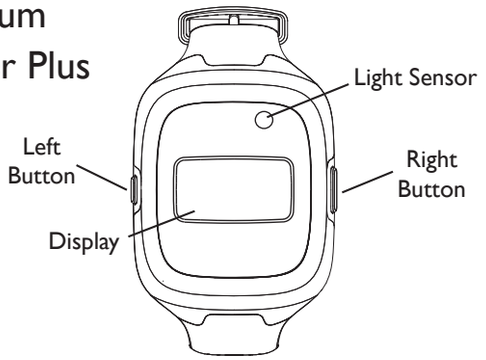
Wear the Actiwatch snugly and securely on either wrist.

Is the Actiwatch water resistant?

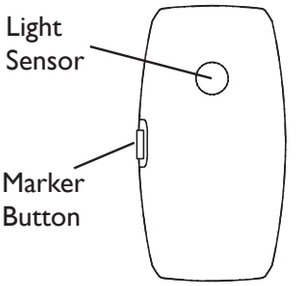
Yes. Wear it while you shower or bathe for up to 30 minutes.

Actiwatch Features

Spectrum PRO or Plus



Actiwatch 2



Note: *Scoring and reminders are only available on the Actiwatch Spectrum PRO device.*

Event Marking

To mark an event, press and hold the left button or the marker button for 3 seconds. On Actiwatch Spectrum PRO and Plus devices, an animated pattern will appear on the display indicating that your event has been recorded.

Scheduled Scoring for Actiwatch Spectrum PRO

If your health care professional has enabled scheduled scoring, your device will vibrate, an audible reminder will sound, and "A" (A) or "b" (b) will blink on the display to remind you to enter a score as instructed by your health care professional. After the device reminder, you have 5 minutes to enter your score.

To enter a score when reminded:

1. Press the right button to select the appropriate score value.
2. Press the left button to confirm your entry.

Manual Scoring for Actiwatch Spectrum PRO

If enabled on your device, you may choose score "A" (A) or score "b" (b) to manually enter a score as instructed by your health care professional.

To enter a score manually:

1. Press the left button once to select the parameter you wish to score ("A" or "b").
2. Press the right button to select the appropriate score value.
3. Press the left button to confirm your entry.

Once you have entered your scheduled or manual score, an animated pattern will appear on the display indicating that it has been accepted.

Silence Next Reminder

If your health care professional has enabled score reminders, you have the option to silence the next reminder. This will only silence the next audible reminder. The device will still vibrate to remind you to enter your score, and reminders after the silenced reminder will sound unless silenced again.

To silence the next reminder:

1. Press the left button until the reminder icon ( ) is displayed.
2. Press the right button to select "0".
3. Then, press the left button to confirm your selection.

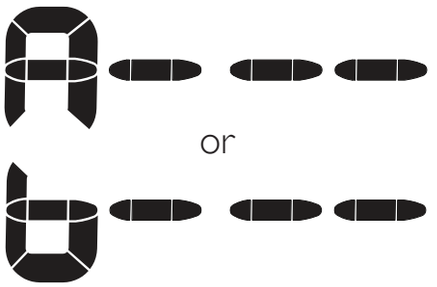
To restore the next audible reminder:

1. Press the left button until the reminder icon ( ) is displayed.
2. Press the right button to select "1".
3. Then, press the left button to confirm your selection.

Actiwatch Spectrum Display

Note: *Audible and vibratory features are only available on the PRO and Plus devices.*

Display Screens & Icons	Description
Time Display	If enabled, the display shows the time of day in either 12- or 24-hour format, depending on your health care professional's settings. If either AM or PM appears on the display (as shown here), the device is showing the time in 12-hour format.
Date Display	When you press the right button or the backlight button and hold it for 3 seconds, the date is shown in either MM-DD or DD-MM format depending on your health care professional's settings, if enabled on your device. This sample shows March 17th, in MM-DD format.
Data Collection	When data collection begins, black border will circle and, for PRO and Plus devices, an initial tone will sound. Although not shown here, the time or date appears in the center, if enabled on your device.

Display Screens & Icons	Description
Stand By 	When the time or date is displayed but the black border is not visible, this indicates that the device is waiting to begin data collection. Your health care professional will tell you when data collection will begin, or you can press the left button to see the number of days remaining until data collection will begin. A value of 0 means that data collection will begin within 24 hours.
Off Wrist *(flashing)*	This indicates that the device is not fastened properly on your wrist while the device is collecting data. It might be too loose or too tight. For PRO and Plus devices, an audio alert will accompany the flashing screen every 5 minutes. Refasten the device to your wrist until the flashing stops. The device may require up to 45 seconds to update.
Backlight (Backlight turns on)	Indicates that a button has been pressed. The backlight automatically turns off after 5 seconds.
Score Entry  	If enabled on your PRO device, you may choose score "A" or score "b" when entering a score, as instructed by your health care professional. If scheduled scoring is enabled on your device, the device will vibrate and an audio alert will sound when it is time for you to enter a score.
Event Marker (An animated pattern appears and the backlight turns on)	Indicates that you have successfully marked an event by pressing and holding the left button or marker button for at least 3 seconds.

Display Screens & Icons	Description
Audible Reminder	Indicates that scheduled scoring has been enabled on your PRO device by your health care professional. Your device will vibrate and an audio alert will sound when it is time for you to enter a score. This icon will not appear if the next reminder has been silenced.
Battery Status	Indicates the level of charge remaining in the battery. If the battery indicator appears low, return the device to your health care professional.
Data Collection Complete (or blank screen)	Indicates that data collection is complete or that the device is in sleep mode. Remove the Actiwatch and return it to your health care professional so your data can be analyzed.

Cleaning

The Actiwatch device may be cleaned with a soft cloth moistened in mild detergent and water to remove dirt and stains. Do not use abrasives or alcohol as they may damage the device.

Disposal

Do not dispose of the Actiwatch. Return it to your health care professional.

Sleep Diary

This diary will help you keep track of your sleep schedule. Fill it out each day that you wear the Actiwatch.

	Day	1	2
	Date		
Did you remove the Actiwatch?	Time removed?		
	Time replaced?		
Naps	Time started?		
	Time ended?		
Bedtime	Time got into bed?		
	Turned out lights?		
Morning	Time woke up?		
	Time turned lights on?		
	Time got out of bed?		

Additional Notes

3	4	5	6	7

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