

Sleep Service, Ward 83, Royal Manchester Children's Hospital

Information for Parents/Carers

# MotionWatch User Guide

The MotionWatch is an activity monitoring device. We would like your child to wear it all day and all night for the next 2 weeks. By looking at their movements we can get a picture of their sleep and wake patterns which we can analyse.



## Instructions

- Please put the watch on either your child's left or right wrist as soon as you receive it.
- **The watch should be kept on at all times, unless they are having a bath or going swimming. Please remove the watch before they get in the water and put it back on straight away afterwards.**
- To tell us when their bed time was please press the event marker button when they first get into bed – the status indicator should flash once and then go off.
- To tell us when the end of their sleep time was please press the event marker button when they get up for the day – the status indicator should flash once and then go off.
- If you forget to press the button one day then don't worry, just remember next time.
- **Please complete the sleep diary provided each morning and evening.** Without this extra information it is difficult to fully analyse your child's sleep patterns.

**At the end of the 2 weeks please return the MotionWatch and sleep diary to Royal Manchester Children's Hospital Outpatients Department.**

If you have any questions about using the MotionWatch, filling in the sleep diary or returning the equipment to us then please contact the Sleep Service by email [bryn.morris@mft.nhs.uk](mailto:bryn.morris@mft.nhs.uk) or telephone **0161 701 8305** or **0161 701 8315**.

