

**LET'S STUDY
SLEEP WITH AN
ACTIMETER**

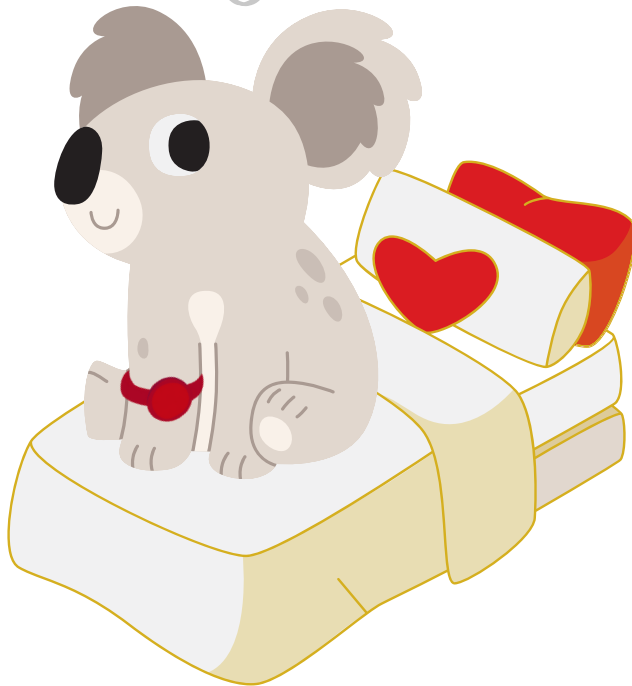
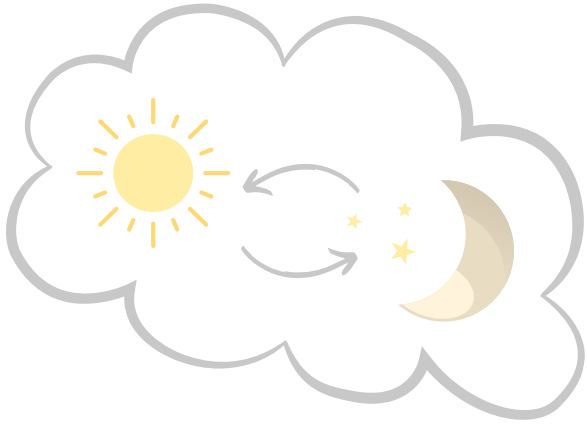


What is an actimeter?



1 An actimeter is a **small bracelet** that measures the **movements** of our body. It is placed around the wrist or around the ankle. You hardly feel it and it **does not hurt**.

2 It is used to study the **circadian rhythm** (the alternation between the waking and sleeping states). Thanks to the actimeter, we know when a person is **sleeping** or **awake**.



3 An actimeter does nothing more than recording our body movements and measure the **difference** between **daytime** and **nighttime** movements.

