

Axivity AX3 Instruction Card

The Axivity AX3 is an accelerometer used to measure the amount you are moving at any given time, information we use to determine your general activity, sleep schedule, naps, wake episodes, as well as information about your sleep quantity and quality. It is not a GPS tracking device and does not record heart rate.

Start Date: Place the device on your wrist according to the table below, starting _____.

End Date: Wear the Axivity for 10 consecutive nights, taking it off on _____.

Problems? Contact Andrew Centen at andrew.centen@sunnybrook.ca or (647) 608-9833 - Monday to Friday, 8:30am to 4:30pm ET.

		
<p>1. Wear the Axivity on your non-dominant wrist. If on your left wrist, the logo pictured above will be on your pinky side. If on your right wrist, the logo pictured above will be on your thumb side.</p>	<p>Note: there are no lights or indication that it is working. Rest assured, it is set to record beginning on the start date above.</p>	<p>2. Wear for 10 consecutive nights, 24 hour a day, even when sleeping. Remove after the 10th night.</p>
		
<p>3. Complete the Sleep Diary each day. If you must remove the Axivity for any reason, please record on the sleep diary the date and time you take it off and when it is replaced.</p>	<p>Note: To replace the Axivity after taking it off, please make note of the logo location and ensure it is placed as in step 1.</p>	<p>Note: You can wear the Axivity when you shower, bath, swim, or otherwise need to submerge it under water. If the Axivity gets dirty, it may be cleaned with a soft cloth and mild soap and water.</p>