

# SLEEP MONITORING FACT SHEET

MEMORY & AGING PROJECT (MAP), WASHINGTON UNIVERSITY

## MAP RESEARCH: SLEEP MONITORING

Some participants in Memory and Aging Project (MAP) research may be asked to participate in a sleep study. Researchers have recently started to look at sleep to determine what role it may have in memory changes.

### WHAT CAN I EXPECT?

If selected for the sleep study, you will be given 3 devices to use while you sleep. Training and handouts are provided so you can use them independently at home.

The first device is an *Actiwatch*, which you will wear for seven days and nights. The *Actiwatch* looks and feels much like a wristwatch and measures movements of your wrist. It gives researchers a general idea of how active you are during the day, how restless you are at night, and what your overall sleeping pattern looks like. A 7-question sleep diary will round out the information collected.

The second device is called a *Sleep Profiler*. The *Sleep Profiler* is worn around the head, similar to a headlamp. Participants wear this device for six nights to measure brainwaves during sleep.

The third device is called the *Alice PDX*. You will be asked to wear the *Alice PDX* for one night. *Alice PDX* measures breathing and leg movements to determine if you might have a sleep disorder. You will be taught how to wear the device and apply sensors at an office visit that takes approximately 2-3 hours. You will be provided a step-by-step picture book at your visit and a 24-hour research phone number to call if you have any questions or concerns.



Sleep Profiler



Alice PDX

## ARE THERE RISKS INVOLVED?

Wearing a sleep measurement device may feel unusual and make it more difficult to fall or remain asleep. Some people may also become confused when using the device and need to call a research staff for support.

## WILL I SEE MY TEST RESULTS?

Researchers are just beginning to study what link, if any, sleep quality may have with memory changes. The information collected will help inform the research, but does not yet yield any specific data to share with participants. If there is something of concern that it detected during the sleep study, the research clinician will share details and suggest a referral to the proper medical professional for follow up.

## WHERE CAN I LEARN MORE?

**KnightADRC**  
*Alzheimer's Disease Research Center*



### ACTIWATCH 2

<http://www.healthcare.philips.com/main/homehealth/sleep/actiwatch/default.wpd>

### SLEEP PROFILER

<https://cportal.b-alert.com/sleep-profiler/videohelp>

*Choose video #2 – Patient video*

### ALICE PDX

<http://www.healthcare.philips.com/main/homehealth/sleep/alicepdx/video.wpd>

*Choose video #2 – setting up the device*

If you have any further questions, contact the Memory and Aging Project at (314) 286-2683.