








Company	ActiGraph	Advanced Brain Monitoring Inc	Ambulatory Monitoring Inc	CamNtech Inc
<b>Actigraph</b>	 CentrePoint Insight Watch	 Night Shift	 Micro Motionlogger Watch	 Motionwatch-8
<b>Website</b>	www.actigraphcorp.com	www.advancedbrainmonitoring.com	www.ambulatory-monitoring.com	www.camntech.com
<b>Dimensions (cm)</b>	4.83 x 3.43 x 1.04	5.6 x 3.8 x 1.3	3.6 x 3.6 x 1.2	3.6 x 2.8 x 0.9 (without band)
<b>Weight, In Use (grams)</b>	35	44	30	9 (without band; different band options have different weights)
<b>Features</b>	<b>Time/date display</b>	X		X
	<b>Event marker button</b>	X		X
	<b>Sleep efficiency calculation</b>	X	X	X
	<b>Sleep latency calculation</b>	X		X
	<b>Temperature</b>			X
<b>Other</b>	total sleep time (TST), wake after sleep onset (WASO), daytime activity (energy expenditure, steps taken, activity intensity, sedentary time), raw acceleration data	WASO, positional snoring (dB), sleep position, sleep time, awakenings/hr, vibro-tactile feedback, daily/monthly/365-day reporting	ambient light	circadian rhythm, 40 sleep parameters
<b>Battery Options</b>	rechargeable lithium polymer	rechargeable lithium polymer 200mAh	disposable 2430	CR2032 user replaceable
<b>Battery Life (days, during regular use)</b>	30	3	30	90 (light sensor on), 120 (without light sensor)
<b>Battery Replacement Cost</b>	N/A	N/A	\$3/each	\$1.50
<b>Rechargeable Battery, Time from Depleted to Fully Charged (hours)</b>	2-3	4	N/A	N/A
<b>Memory Size (MB)</b>	512	N/A	2	4
<b>Recording Time at 1-minute Sample Interval Under Regular Usage (days)</b>	30 (raw data)	6	30+	90
<b>Logging Interval Options (seconds)</b>	raw data sampled at 32 Hz - 256 Hz	Intervals of 30	1, 2, 5, 10, 30, 60	1, 2, 5, 10, 15, 30, 60
<b>Light Sensor Wavelength Range (nm)</b>	N/A	N/A	400 to 700 (520 peak)	wide spectrum visible
<b>30-minute Moisture Immersion Protection (m)</b>	water resistant, IP57 1 meter, 30 min	not water resistant	100	waterproof to 3 bar; acceptable for swimming
<b>Communications Interface</b>	USB, Bluetooth LE 5	USB	USB-IR	micro USB
<b>Warranty (years)</b>	1	2 (limited)	1	2
<b>Platform Compatibility</b>	Windows, iOS, Android	Windows, Mac	Windows	Windows
<b>Peer-reviewed Sleep Validation Study</b>	www.actigraphcorp.com/category/research-database/sleep	Levendowski DJ, Seagraves S, Popovic D, Westbrook PR. Assessment of a neck-based treatment and monitoring device for positional obstructive sleep apnea. <i>J Clin Sleep Med.</i> 2014;10(8):863-71.	Cole R, et al. Automatic sleep/wake identification from wrist activity. <i>Sleep.</i> 1992;15(5):461-9.	www.camntech.com/products/motionwatch/mw8-biblio
<b>Additional Information</b>	Real-time data uploads to cloud-based CentrePoint software platform via home data hub and mobile application. Slim and compact design, interchangeable wrist bands.	Worn around the neck, Night Shift monitors sleep and wake time. Records up to 365 nights' hours of use, sleep efficiency, % snoring >50 dB, neck position, and awakenings/hr. Delivers vibro-tactile feedback to discourage supine sleep.	Event marker with LED feedback, visual status indicator, multimode data collection, off-wrist detection. Five peer-reviewed articles validate this actigraph.	Contact 830-755-8036.

Sleep Review strives for accuracy in all data but cannot be held responsible for claims made by manufacturers. All actigraphs may not be included. E-mail sroy@medqor.com to be considered for the next update.

Condor Instruments	Philips Respironics	SOMNOmedics America Inc
 ActTrust	 Actiwatch Spectrum PRO	 SOMNOwatch plus
www.condorinst.com.br/en/acttrust	www.actigraphy.com	www.somnomedics.com
4.7 x 3.1 x 1.2	4.8 x 3.7 x 1.5	4.5 x 4.5 x 1.6
38	31	30
	X	
X	X	X
X	unknown	X
X	unknown	X
X	unknown	
light with RGB spectrum		PLMS scoring; programmable start and stop periods for several recording periods
rechargeable, Li-Ion, 70mAh	CLB 2032 lithium ion rechargeable (factory replaced)	lithium ion-accu, rechargeable
90	50	26+
N/A	N/A	N/A
3	2	1.75
8	32	64
90	50	45
Any from 1 to 30,000	15, 30, 60	Any from 1 to 256
400 - 700	400 to 700	350 to 970
1	waterproof at 1 m per IP27 IEC 60529	IP54-rated (water-resistant) (on demand, housing can be modified to be waterproof)
USB with dock connector	USB 2.0 or higher; 150 mA	USB
2	2	2
Windows, Mac	Windows	Windows
Rodrigues J, Eckeli AL. Validação de um actígrafo nacional. Universidade de São Paulo, Ribeirão Preto. 2018. Available at <a href="http://bdpi.usp.br/item/002889048">http://bdpi.usp.br/item/002889048</a> .	Kushida et al. Refer to www.actigraphy.com/webiography for full details.	Dick R, et al. AASM standards of practice compliant validation of actigraphic sleep analysis from SOMNOwatch™ versus polysomnographic sleep diagnostics shows high conformity also among subjects with sleep disordered breathing. <i>Physiol Meas.</i> 2010;31(12):1623-33.
Computes several parameters as sleep and wake time, sleep efficiency, sleep latency, number and duration of awakening. Includes chronobiology functions as acrophase, MESOR, M10, L5, F5, IV, IS. Automated report with information required for clinical and research use.	None provided.	1 external channel possible (EEG, ECG, PLM, 2nd actigraphy-sensor, respiratory), linking of several SOMNOwatch plus recordings thanks to high synchronization rate.

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