

Date 24 September 2026
Your Ref
Our Ref 11869

Enquiries to Richard Mutch
Extension 35687
Direct Line 0131 465 5687
loth.freedomofinformation@nhs.scot
richard.mutch@nhs.scot

Dear

FREEDOM OF INFORMATION – SLEEP

I write in response to your request for information in relation sleep and sleep diaries.

Question:

1. A copy/link to the paediatric sleep diary you currently use in your service
2. The usual duration and instructions for completion
3. Any available data on diary return rates
4. Whether you have looked at accuracy, reliability, or missing data
5. Any audits, evaluations or feedback concerning the diary used

Answer:

1.	Enclosed
2.	2 weeks. Patient information leaflet accompanied within sleep diary attachment. Completion of the diary is talked through with the family at the device pick up appointment, usually lasting 10-15 minutes.
3.	We do not have any available information on diary return rates.
4.	We have not looked at this specifically, but we are aware of diary inaccuracies and that they do not hold much value as a standalone diagnostic tool. Sleep diaries are therefore issued only alongside an actigraphy study.
5.	Not applicable

I hope the information provided helps with your request.

If you are unhappy with our response to your request, you do have the right to request us to review it. Your request should be made within 40 working days of receipt of this letter, and we will reply within 20 working days of receipt. If our decision is unchanged following a review and you remain dissatisfied with this, you then have the right to make a formal complaint to the Scottish Information Commissioner within 6 months of receipt of our review response. You can do this by using the Scottish Information Commissioner's Office online appeals service at www.itspublicknowledge.info/Appeal. If you remain dissatisfied with the Commissioner's response you then have the option to appeal to the Court of Session on a point of law.

If you require a review of our decision to be carried out, please write to the FOI Reviewer at the email address at the head of this letter. The review will be undertaken by a Reviewer who was not involved in the original decision-making process.

FOI responses (subject to redaction of personal information) may appear on NHS Lothian's Freedom of Information website at: <https://org.nhsllothian.scot/FOI/Pages/default.aspx>

Yours sincerely

ALISON MACDONALD
Executive Director, Nursing
Cc: Chief Executive
Enc.

Do not dispose of the actigraph.

Please return to:

Kildrummy Sleep Unit (Level 3)
RHCYP
50 Little France Crescent
Edinburgh
EH16 4TJ

- Please return the actigraph to us on:
-

Please note that other patient appointments may need to be cancelled if you do not return the equipment at the correct time.

If you have any questions or problems please phone:

0131 312 0398

ROYAL HOSPITAL FOR CHILDREN & YOUNG PEOPLE
Department of Paediatric Respiratory & Sleep Physiology



Your Actigraphy Study

What is an actigraph?

An actigraph is a wrist-worn device, like a watch, which records information about sleep and wake patterns over a number of weeks.



How is the actigraph used?

- Wear the device securely on the **non-dominant wrist** (the hand you use least).
- Wear it **continuously day and night** for the duration of the study.
- Try to keep the device uncovered so light can get in.
- Fill in the attached sleep diary **every day** during the study.

Is the actigraph water resistant?

- The device can be worn in the shower or bath for up to 60 minutes.
- For periods in water of more than 1 hour (e.g. swimming), please remove it and make a note in the sleep diary.
- Remember to put it back on once out of the water.

If skin reddening or irritation occurs, remove the device immediately and call 0131 312 0398



Write in the **date**, **day of the week** and **type of day**: school, nursery, off, weekend, holiday etc.

Record the time the lights are switched off at bedtime in the **bedtime lights out** column.

Colour in all the boxes when you are asleep at night or during the day. Leave the boxes **empty** when you are awake.

Put a letter **C** in the box any time you have a drink with **caffeine**, like tea, coffee, cola, Irn Bru or energy drinks.

Put a letter **M** in the box any time you take **medicine** and **E** any time you take **exercise**.



Here is an example day filled out to show you how to complete the diary

[illegible][illegible][illegible][illegible]

week 1 —

week 2