Actigraphy Testing and Accelerometry

CPT Codes – 0089T (previous), 0199T, 95803

**Actigraphy testing** is use of a small portable device (actigraph) such as the Actiwatch, AW-64 and Emfit that senses physical motion and stores the resulting information. Actigraphy testing has been predominantly used in research studies to evaluate rest-activity cycles, and to determine the effect of a treatment on sleep. The actigraph is most commonly worn on the wrist, but can also be worn on the ankle or trunk of the body. Actigraphy testing is based on the assumption that movement is reduced during sleep compared with wakefulness and that activity level can be used as a diagnostic indicator for sleep disorders.

**Accelerometry** is direct measurement in clinical and home environments for the constant monitoring of patients through low-power, low-cost electronic sensors (such as the Kinesia). The qualitative and quantitative data provided by these sensors enable engineers, clinicians and physicians to work together to help patients with movement disorders in overcoming their physical disability.

### Criteria

- **Actigraphy testing** is considered experimental and investigational because there is insufficient scientific evidence in the medical literature to support its use in clinical practice. This includes (but is not limited to) – detection of seizures during sleep, diagnosis of sleep disorders, evaluation in Parkinson’s disease and detection of movement in opioid detox.

- **Accelerometry** is considered experimental and investigational also because there is insufficient scientific evidence in the medical literature to support its use in clinical practice. This includes (but is not limited to) – evaluation of elderly functional ability, hip osteoarthritis gait analysis, physical activity monitoring in stroke patients and quantification of tremor and movement disorder symptoms.

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