



## PHYSICAL ACTIVITY MONITORING

Used by research and clinical organizations in more than 45 countries, ActiGraph activity monitors are the most widely used devices of their kind and have earned their reputation as the 'gold standard' in physical activity measurement.

### GT3X

The GT3X ActiGraph uses a triaxial accelerometer to objectively measure and record the amount and intensity of activity and the number of steps taken over a given period of time. The GT3X replaces the GT1M, the most widely used device of its kind, and offers feature enhancements such as an inclinometer, an extended 4MB memory and a longer battery life.



### ActiTrainer (clinical)

The clinical ActiTrainer and the Virtual Trainer software allow physicians to monitor the physical activity levels of patients and help motivate behavioral changes to improve health. The patient has the ability to view information such as calories burned, heart rate, steps taken, distance and pace in real time on the device and the physician can view uploaded data remotely by logging into the patient account.

### ActiTrainer (research)

The triaxial research ActiTrainer provides the same measurements as the GT3X with the addition of heart rate and ambient light levels. The ActiTrainer is an ideal tool for collecting combined activity and heart rate information, and the light sensor allows users to distinguish between indoor and outdoor environments.



## SLEEP MONITORING SYSTEM

### ActiSleep monitor

The triaxial ActiSleep monitor with ambient light sensor is the first sleep specific monitor from ActiGraph. Its sleek and compact design makes it ideal for not only sleep assessment, but also physical activity measurement in children or other small subjects.