

Instructions for your recording ×

This analysis allows for the assessment of your spontaneous muscle activity for a set time, which can be up to 24 hours.

The data obtained allows the healthcare professional to know how much muscle strain is placed on your anatomical structures and to perform an accurate analysis of any Bruxism events.

During the recording, it is very useful to note the following in the activity diary:



Start and end time of sleep (what time you fell asleep and what time you woke up). Short awakenings (within half an hour) are not relevant, but any additional sleep phase during the day should be noted if you slept for at least an hour (such as an afternoon nap). Finally, indicate whether you felt your sleep was restful or restless.



Start and end time of main daily activities (work/school, driving, physical activity, PC work, social media use, reading/TV, other).



Any other event that has caused an **increase in stress or anxiety**.

Also, please keep the following useful information in mind during the Holter monitoring:



To obtain an optimal recording, the device must always remain firmly attached to the skin, so be careful with any action that could compromise its adhesion. For example:



- Putting on or taking off a shirt
- Putting on or taking off a helmet



The device is not waterproof, so do not let it come into contact with water or other liquids.



You cannot stop the recording by detaching the device from the skin or the electrodes.



If the device becomes detached, do not try to reattach it and inform the healthcare professional of the incident.



If the device should fall or suffer a significant impact, inform the healthcare professional.



Do not try to connect dia-BRUXO to a power source via a USB-C cable. This will cause the immediate suspension of the recording.