

ActiGraph™

wGT3X-BT



The wGT3X-BT is ActiGraph's flagship activity monitor, used by researchers around the world to capture and record continuous, high resolution physical activity and sleep/wake information. The Bluetooth® Smart wGT3X-BT features ActiGraph's validated 3-axis accelerometer and digital filtering technology and includes integrated wear time and ambient light sensors.

ActiGraph Objective Measures

The ActiGraph wGT3X-BT captures and records high resolution raw acceleration data, which is converted into a variety of objective activity and sleep measures using publicly available algorithms developed and validated by members of the academic research community. Available measures include:

- Raw Acceleration (G's)
- Activity Counts
- Energy Expenditure
- MET Rates
- Steps Taken
- Physical Activity Intensity
- Activity Bouts
- Sedentary Bouts
- Body Position
- Sleep Latency
- Total Sleep Time
- Wake After Sleep Onset
- Sleep Efficiency
- Ambient Light
- Heart Rate R-R Intervals*

*Requires compatible Bluetooth® Polar H7 or Polar H10 heart rate monitors

Bluetooth® Smart

ActiGraph wGT3X-BT monitors are powered by Bluetooth® Smart technology and support a variety of wireless features, including heart rate monitoring, and communication with ActiGraph's suite of mobile applications for iOS and Android devices.

Ambient Light Sensor

The wGT3X-BT includes an integrated ambient light sensor that delivers lux values alongside activity information, providing insights into the relationship between the subject environment and activity and sleep behaviors.

Wear Time Sensor

A wear time sensor on the back of the monitor uses capacitive touch technology to automatically detect when a wrist worn device has been removed for simplified compliance monitoring and data cleaning.

ActiGraph products are not intended to diagnose, treat, cure, or prevent any disease.

ActiGraph wGT3X-BT Tech Specs

Dimensions	4.6 x 3.3 x 1.5 cm	Battery Life	25 Days	Communication	USB/Bluetooth® LE
Sample Rate	30Hz-100Hz	Data Storage	180 Days/4GB	Water Resistance	1 meter, 30 minutes

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U.S. federal law restricts this device to sale by or on the order of a physician.

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