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9. The method according claim 1, further comprising providing a migraine notification when a duration and frequency of the activity counts are decreased in a period of time as compared to a preceding period of time.

10. The method according to claim 1, wherein the predetermined range has a minimum greater than 10% of an average activity count over a preceding hour.

11. The method according to claim 1, further comprising analyzing an effectiveness of medication for relieving a migraine based on a reduction of fragmentation in sleep in at least one night following the migraine.

12. The method according to claim 1, further comprising: determining presumptive death when zero crossing mode is null for at least two minutes, and determining definitive death when zero crossing mode is null for at least five minutes.

13. The method according to claim 1, wherein the actigraph provides the notification.

14. A method comprising: monitoring activity counts for zero crossing mode, above threshold mode, and proportional integrative mode of a patient with an actigraph, determining the activity count levels for the patient when the patient is asleep, and providing medication when at least two of a duration, a frequency and a level of at least two of the activity counts

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during a current sampling period are lower than the prior sampling period but above the activity counts associated with sleep for the patient being monitored.

15. The method according to claim 14, wherein the actigraph determines the activity count.

16. The method according to claim 14, wherein a processor determines the activity count.

17. A method comprising: recording movement data of an individual that includes biovibrations data with an actigraph, determining when the movement data substantially falls within a predetermined threshold representative of death, and providing a notification.

18. The method according to claim 17, further comprising: providing a notification when oscillations of the movement data decrease over a period of time.

19. The method according to claim 17, wherein the predetermined threshold is a baseline value.

20. The method according to claim 17, wherein the actigraph determines when the movement data substantially falls and provides a notification.

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