

vibratory means and subject response means contained within said housing;
 timing means to activate said vibratory means at selected time intervals for selected periods of time;
 means to record and store each activation event of said vibratory means, and subject positive and negative response thereto; and means to retrieve and analyze said records.

2. An apparatus as claimed in claim 1 wherein said housing is a handheld housing and includes means to releasably secure said housing to a subject's hand.

3. An apparatus as claimed in claim 2 wherein said timing means and said means to record are contained within said housing.

4. An apparatus as claimed in claim 3 including a power source, within said housing, to activate said vibratory means, said timing means and said record means.

5. An apparatus as claimed in claim 2 wherein said means to releasably secure said housing comprises strap means secured at each end in spaced relationship to each other to said housing so as to provide a loop through which a hand may be inserted.

6. An apparatus as claimed in claim 5 wherein said subject response means comprises a microswitch.

7. An apparatus as claimed in claim 5 wherein said vibratory means comprises an electro tactile vibrator

operable at a frequency of between 160 and 200 Hz with a 20-40 Hz band width.

8. A method for assessing sleep behaviour in a human subject, comprising:

(a) subjecting the subject to a vibratory stimulus for a selected period of time at selected spaced intervals of time,

(b) recording the time of each said stimulus and the subject's response or lack thereof to each said stimulus,

(c) recovering stored information; and assessing the subject by comparison of said recovered stored information with known standards of sleep behaviour.

9. A method as claimed in claim 8 wherein said vibratory stimulus is administered at intervals of between 5 and 10 minutes over a period of at least 5 hours.

10. A method as claimed in claim 9 wherein each said stimulus is administered for about 0.5 seconds.

11. A method as claimed in claim 10 wherein said stimulus has a frequency of between 160 and 200 Hz with a band width of about 20-40 Hz.

12. A method as claimed in claim 11 wherein said vibratory stimulus is provided by a hand held vibratory means which also contains a timer means and means to record and store information relating to each said stimulus and each response thereto.

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