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Instructions for Alice Nightone Home Sleep Study Test

Alice Nightone video link

<https://youtu.be/-vaXa6ECIUU>



[Alice NightOne Patient Setup | Philips | Sleep Diagnostic Testing](http://www.usa.philips.com/healthc...)

The Alice NightOne home sleep testing (HST) device is designed to help patients get their study done right the first night. <http://www.usa.philips.com/healthc...>
youtu.be

Put everything on about 30 mins before you are ready to go to bed.

"Connect the chest belt."

Place the unit in the "center of your chest" and secure the strap around your body to your comfort (tight enough to stay in place but Not Too Tight). Buckle the Alice NightOne unit and blue belt around your chest to your comfort (tight enough to stay in place but Not Too Tight)

Alice NightOne will automatically power on. Please wait while the device takes a moment to start up. If the chest belt icon flashes yellow, tighten the belt around you.

Use the adjustment straps to tighten the belt. The belt icon should now be solid green.

"Connect the cannula."

The cannula icon will now be flashing yellow. Connect the cannula (looks like oxygen tubing) to Alice NightOne. Loop the cannula around your ears and under your nose.

Adjust the slider to fit comfortably under your nose. Tape the cannula to your cheeks if necessary. The cannula icon should be solid green.

"Connect the finger probe."

Put the finger probe (oximeter) on your non-dominant hand middle finger.

Ex: If you're right-handed, place the sensor on your left hand. The cable will rest on top of your finger and on the back of your hand.

Tape the wire to your hand if necessary. The finger probe icon should now be green.

Once all of the sensors have been applied, the lights will turn to solid green.

Over the next few minutes, all the lights will turn off gradually one by one to help you fall asleep. You can now go to bed. The lights will remain off, but the unit is recording.

"In the Morning"

When you are done sleeping and out of bed, remove the sensors and the device.

The device will turn itself off after 30 minutes.

You can also press and hold the button for five seconds to turn the device off.

Discard the nasal Cannula in the morning.