

Patient Instruction for a Respironics Home Sleep Study

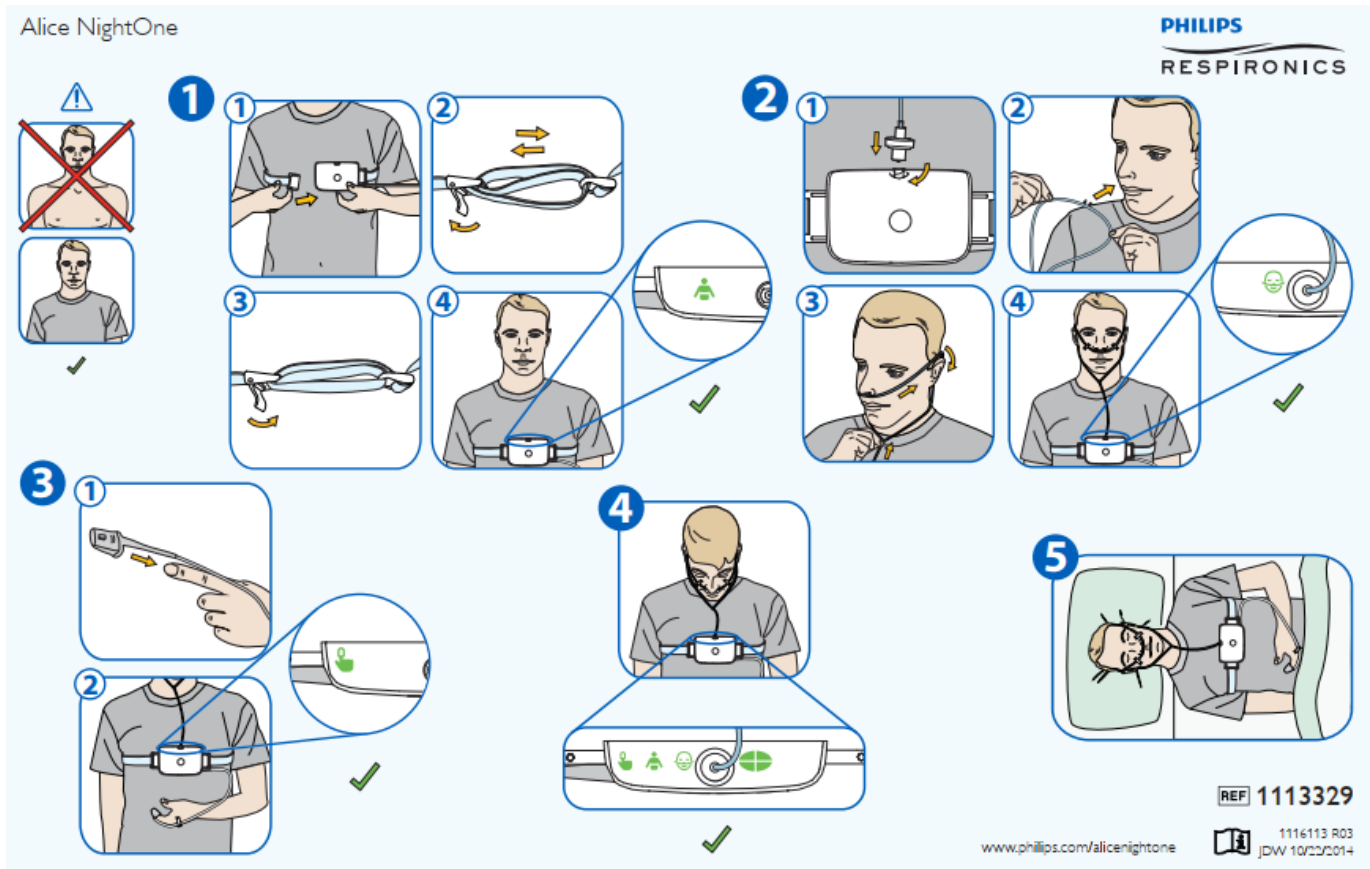
1. Remove the small white monitor from the bag and connect the cannula to the silver connector located at the top of the monitor. Twist the cannula into the lure and lock on the top of the white monitor. If you have the wrap oximeter, connect it to the blue xpod connector hanging from the unit.
2. With the silver cannula connector to the top, hold the monitor against your chest over your sleepwear. Connect the belt clip to the monitor's right and left sides. The unit will turn on, which will be indicated by displaying a pie circle light pattern on the top right side of the monitor. A good connection will be shown with a green light person on the top left side of the monitor.
3. Place the cannula nasal prongs inside your nostrils. The tubing goes across your cheeks, around your ears, and ends up under your chin. Place one small strip of tape over the tubing on each of your cheeks close to your nose. The unit will indicate the cannula is connected by displaying a green light face on the top left side of the monitor.
4. **Silicone Oximeter:** Slide the rubber oximeter sensor over your finger. A small part of your finger should be seen coming out of the end of the sensor.

Wrap Oximeter: Remove the wrap from the plastic. Place the dot connected to the wire on top of your fingernail. Wrap the sticky white strip around your finger so the second dot is aligned with the top dot of your finger. Continue to wrap the rest of the sticky white strip around your finger until it is secured. Ensure it is snug but not too tight. The wire should go across the top of your head. Make a loose fist and secure the oximeter sensor wire with a piece of tape on the top of your hand.

5. The unit will indicate that the oximeter is connected correctly and reading by displaying a green finger on the top left side of the monitor.
6. When all the monitors are in place, the unit will display a green finger, a green person, and a green face. After a brief period, all green lights will go out. The light on the underside of the oximeter will remain red throughout the night, indicating the unit is recording. During the night, it is typical for the lights to flash amber during movement.
7. Due to insurance requirements, please wear the unit for a ***minimum of 6 hours***. Fewer hours will result in having to repeat the home sleep study. We prefer 8-10 hrs. of data.
8. In the morning, remove the monitors and dispose of the paperwork, cannula, and tape. Place the remaining equipment into the bag. The unit will turn off after 30 minutes, or you turn off the unit by pressing and holding the small circle button on the front of the unit for ten seconds until the light pattern to the right side of the monitor appears.
9. Please return the device and sensors to the Presbyterian Sleep Disorders Center between 7:30 AM – 10:00 AM. Please call (505) 291-2705 if you have any problems or questions.

****In the event of a medical emergency, call 911. ****

Alice NightOne Quick Start



Pictures may differ from provided equipment

YouTube Video for instructions Alice NightOne Patient Set Up

<https://www.youtube.com/watch?v=-vaXa6ECIUU>

If this link does not work, it may be a browser issue. Try searching the web for "Alice NightOne Patient Set Up"

Wrap Oximeter Style:

