

**Ending the Study** End Recording In the morning, stop the recording by pressing and holding the START/STOP button until the Good Study Indicator flashes to end the study and stop the device's recording.



Disassembling and returning the device  
Place everything else back in the bag and return it to your physician as requested



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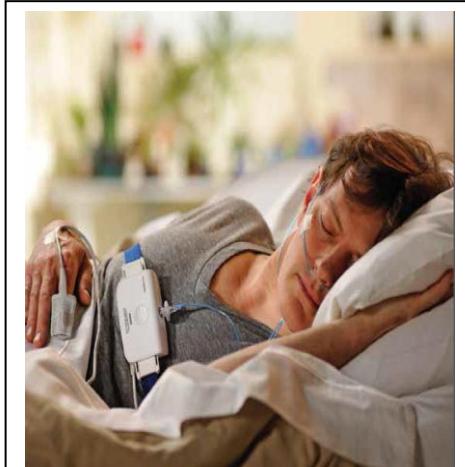
### What is a sleep study?

To study your sleep we need to monitor and observe some of the physiological changes during sleep. A sleep test is used to discover the causes of sleep disorders and plan your treatment. where a simple sleep monitor equipment will be given to the patient and he will be instructed to connect it before going to sleep and to bring it back the day after to his sleep doctor to review it

### Preparation for sleep test

- Avoid taking a nap in the late afternoon or evening. If you nap, try to have it in early afternoon and shall not exceed a period 30 minutes.
- Avoid the stimulants caffeine (coffee, cola and chocolate) Avoid smoking before bedtime.
- Avoid eating large heavy meals or excessive drinking fluids before bedtime.
- When it is time to sleep close the phone and do not think about any personal or family problems.

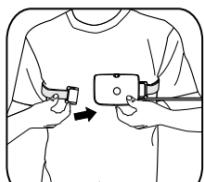
## PATIENT INSTRUCTIONS FOR THE Alice NightOne



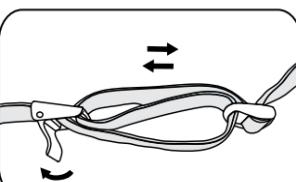
Sleep disorders  
Center

## Start Recording

Place the effort belt around your chest so that the Alice NightOne device is in the center of your chest. Insert the loose end of the effort belt into the effort belt connection slot on the side of the device. This will automatically power on the device.

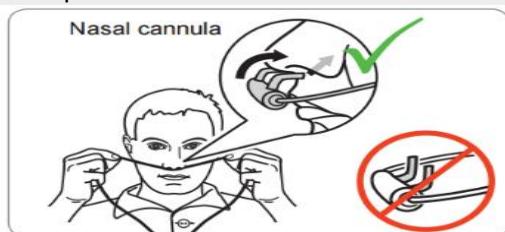


Effort Belt Connection



Effort Belt Adjustment

**NASAL CANUULA:** fit the two small open tubes point towards your nostrils. and the ends point downwards



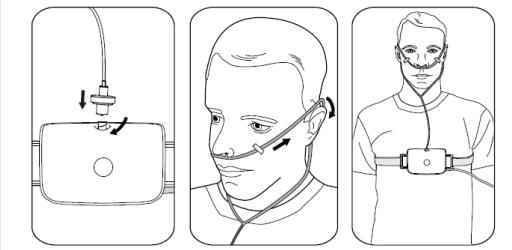
Wrap the tubes over and around your ears so that they stay positioned in the nostrils



Draw to Chin the cannula, tightened to a comfortable position under your chin.



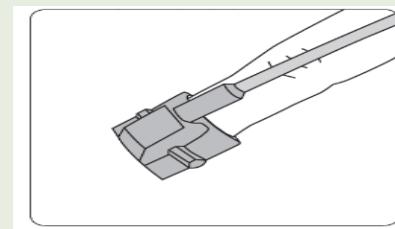
Insert the connector end on the device



Cannula Connection

Cannula Placement

**Pulse Sensor:** slip it over the index finger on your non-dominant hand as shown.



After several breaths with the finger sensor properly in place, the SpO2 icon (⌚) will stop flashing yellow and turn green.

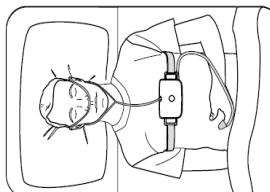
## Starting the Study

Once all of the sensors have been connected and the device is getting good signals from all of them, all icons will be displayed solid green and, after about 1 minute, will individually turn off in the following order: SpO2 icon, effort belt icon, cannula icon, and then each section of the Good Study Indicator. This means that the device has begun recording, and you may now go to sleep.

Remember: Solid Green The connection has been made, and the device is getting a good signal. Flashing Yellow The associated sensor needs to be connected, or the device is not getting a good signal and the current connection needs to be adjusted



Check Icon Status



Ready to go to Sleep

