



## Instructions for Your Alice NightOne Home Sleep Apnea Test

- We use an **Alice NightOne device**. This is a rectangular device that will keep track of your body position (information such as whether you're lying on your back, side, or stomach). It will also store all the information from your HST.
- An **effort belt**. This is a belt you'll wear around your chest. It will measure how hard your lungs are working. One end of the effort belt should already be attached to the Alice NightOne device. The effort belt should be evenly across your nipples or above your breasts.
- The belt should be snug but not too tight. After the effort belt is connected, the good study indicator will blink green as the device automatically turns on and starts recording.
- Once the device is turned on, the effort belt icon will appear. It will probably be flashing yellow. Use the buckle on the effort belt to adjust the belt so it's snug but not uncomfortable
- A **nasal cannula**. This is a thin, flexible tube that you'll place under your nose. It will measure how much air you're breathing and keep track of your snoring.
- A **pulse oximeter**. This is a wire with a gray rubber sensor that you'll place on your finger. It will measure your pulse, blood flow, and the amount of oxygen in your blood. The pulse oximeter should already be attached to the Alice NightOne device.
- **AA batteries**. You will only use these if the batteries inside the Alice NightOne device stop working.

- Once all the sensors are connected and working properly, the 3 sensor icons and the good study indicator will be solid green. After about a minute, the icons will start to turn off one by one. Once all the icons have turned off, the Alice NightOne device is ready. You may now go to sleep.
- Try to get at least 6 hours of sleep the night of the test.
- Keep your nasal cannula in case we have to retest due to invalid results.
- Happy Sleep Test!



