



Pulmonary and Sleep Center of New England
Accredited by the American Academy of Sleep Medicine
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RESPIRONICS ALICE NIGHT ONE INSTRUCTIONS HOME AUTO TITRATION

1. Connect the blue effort belt to the chest piece on the sides
2. Secure the white chest piece on your **upper** torso
3. **DO NOT PRESS THE BUTTON-UNIT WILL TURN ON AUTOMATICALLY WHEN EFFORT BELT IS PLUGGED INTO THE WHITE CHEST PIECE**
4. Please wait while the device takes a moment to start up
5. If the chest belt icon flashes yellow, tighten the belt around you
6. Use the adjustment straps to tighten the belt
7. The belt icon should now be a solid green
8. Connect the pulse oximeter probe to your finger with the wire side up. The cable will rest on top of your finger and on the back of your hand.
9. You may tape the wire to your hand if you wish
10. The pulse oximeter icon should now be green
11. Once all of the sensors have been applied, the lights will turn to solid green
12. Over the next few minutes, all the lights will turn off one by one
13. Plug in the CPAP machine
14. Put on and adjust the CPAP mask
15. Connect mask to tubing
16. Turn on cpap device by hitting the power button on the top
17. Keep belt and pulse ox on all night (you may secure pulse ox to finger with tape/band-aid)
18. Use CPAP as much as possible through the night
19. Turn off CPAP when not in use
20. If you need to get out of bed, just take the mask off, and the test will pause
21. When returning to bed, put the mask back on, and give it a moment, the test will resume where it left off
 - o You can now go to bed

If the device notices a problem with a sensor, a flashing yellow icon will appear for 10 minutes. Adjust the sensor that is indicated. The flashing icon will turn from yellow to green and then disappear. When you are done sleeping and out of bed, remove the sensors and the device. The device will turn itself off after a few minutes.

Patient Name (Print): _____

Patient Signature: _____ Date: _____