

PHILIPS
RESPIRONICS

Alice NightOne



Quick Start Guide

- Introduction
- Setting up for your sleep study
 - Applying the Alice NightOne
 - During the night
 - In the morning
- Troubleshooting
- Warnings and Cautions

Philips Sleep Support Service

Hello

You have been referred by your clinician for a home sleep study. This guide has been developed to guide you through set-up and troubleshoot any problems you may have.

If you have any questions, or need further assistance setting up the Alice NightOne, our specialist Sleep Support Team are on hand Monday to Friday between 9am and 7pm on **Freephone 0800 652 0303**.

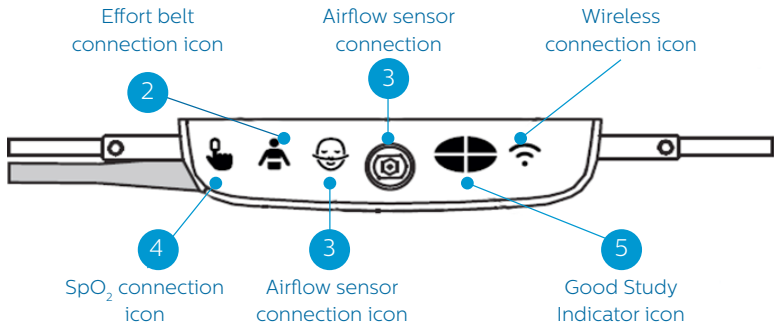


Introduction

The Alice NightOne unit records physiological information while you sleep. The purpose of this study is to evaluate your breathing while you're sleeping.

The Alice NightOne has been prepared for your study:





2. Respiratory effort (chest) belt

The belt inserts into the Alice NightOne device and recording starts as soon as the device is buckled. The belt is fitted around your chest and senses chest movement during breathing



3. Airflow sensor

The airflow sensor measures your breathing throughout a night's sleep. The prongs are placed or inserted into the tips of your nostrils. The airflow sensor has a clear twist lock connector and is connected at the top of the Alice NightOne device



4. SpO₂ sensor

The SpO₂ sensor measures the amount of oxygen in your blood and your pulse rate. The SpO₂ sensor attaches to your forefinger on your non-dominant hand



5. Good Study Indicator (GSI)

The Good Study Indicator will show how much time was recorded and whether the quality of signals were good. It will also indicate any problem sensor(s)

Smart Guide Patient Setup:



Step 1. Effort (chest) belt connection icon



Step 2. Cannula connection icon



Step 3. SpO₂ connection icon



Step 4. Good Study Indicator icon



Setting up for your Sleep Study

We recommend that you wear a vest or t-shirt for your Sleep Study. Please do not fit the sensors directly onto the skin.

Applying the Alice NightOne

You can watch a video online to guide you through the set up at www.philips.co.uk/alicenightone

1. Connect the effort (chest) belt

- Buckle the Alice NightOne around your chest
The two red dots on the connectors should be facing outwards.
The belt will click once it's inserted properly.
For Men: Place the belt around the body just below the nipple line, between your chest and abdomen
For Women: Place the belt around the body beneath the breasts
- 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, using the adjustment straps
- Do not overtighten the belt – the fit should be snug.
See troubleshooting for belt adjustment tips
- The belt icon should now be solid green



2. Connect the airflow sensor

- Connect the airflow sensor to Alice NightOne (if not already connected)
- Loop the airflow sensor around your ears and under your chin
- Adjust the slider to fit comfortably under your chin
- Tape the airflow sensor to your cheeks, using the tape provided
- The airflow sensor icon should be solid green



3. Connect the finger probe (SpO₂ sensor)

- Connect the finger probe to the index or second finger of your non-dominant hand.
Please remove any nail varnish or false/acrylic nails (if worn) before connecting the finger probe
- The cable will rest on top of your finger and on the back of your hand
- Tape the wire to your hand, using the tape provided. Do not tape over the probe itself.
- The finger probe icon should now be green



Clip On



The finger probe you have been given may differ from the image

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

4. You can now go to bed and fall asleep

During the night

If the device notices a problem with a sensor, a flashing yellow icon will appear for ten minutes

If you notice this, please adjust the sensor that is indicated. The flashing icon will turn from yellow to green and then disappear

You can also check the sensor status at any time by briefly pressing the user button on the front of the device

- Solid green lights indicate that the sensors are connected and working properly
- If a light is flashing yellow, adjust the sensor that is indicated (see troubleshooting below)



In the morning

In the morning, once the study is complete and you are ready to wake up for the day, remove the sensors from your body and disconnect the Alice NightOne device.

- Press and hold the user button for five seconds to turn the device off
- Otherwise, the device will turn itself off after 30 minutes

Place the Alice NightOne and all sensors into the carrying case, along with this quick start guide. Collection of the device will have been arranged by Philips Sleep Support Team.

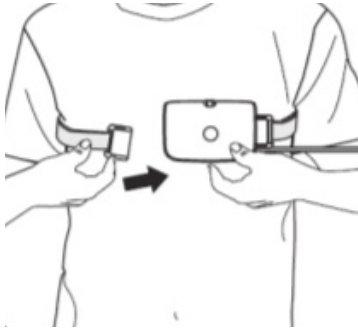
Should you have any questions or queries please contact the Sleep Support Team on Freephone 0800 652 0303

Troubleshooting

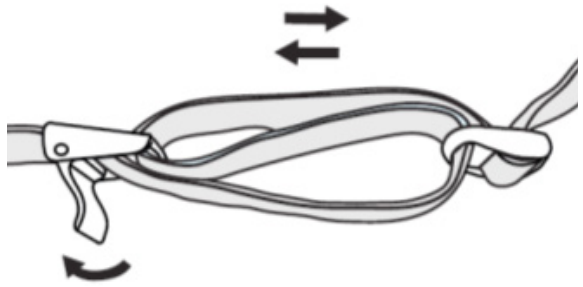
1. Fitting the belt

Adjustment tips:

- Adjustment to the belt must be done whilst you are sat upright
- To adjust, move the slide lock away from the buckle to tighten; move slide lock closer to loosen
- There should be no slack in the three layers of belt between the clasp and slide lock



Effort Belt Connection



Effort Belt Adjustment

2. Smart guide patient setup

During setup, illuminated sensor indicators will walk you through sensor placement

The smart guide gives you feedback that:

- Each sensor is connected properly
- The signal quality is good
- The device is functioning properly








Icons

The following icons may be displayed on the top of the device. Each icon is associated with a sensor or device connection, except for the Good Study Indicator. The icons are displayed to guide sensor application or to show sensor or device status.

The icon status is displayed based on the associated connection.

Problem	Solution
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 Try removing and reapplying the sensor or adjusting the sensor placement until the icon appears solid green. Note: It may take a few breaths before the device detects a good signal
Successful Setup Indication	After the guided setup is complete, all icons will be displayed solid green and, after about 1 minute, will individually turn off in the following order: SpO ₂ icon, effort belt icon, airflow sensor icon, and then each section of the Good Study Indicator. This indicates all necessary sensors have been applied successfully and the device is getting a good signal from all necessary connections.

Icon	Definition	Icon	Definition
	SpO ₂ sensor connection		Good Study Indicator (see below)
	Effort belt connection		Wireless connections to a therapy device
	Airflow sensor or CPAP mask connection		

Good Study Indicator

The Good Study Indicator displays how much good quality data the device has gathered for an amount of time set by your provider. To view the Good Study Indicator at the end of a study, first check that the device has stopped recording.

Look inside the SpO₂ sensor: If the red light is on, the Alice NightOne is still in recording mode. To exit recording mode and end the study, press and hold the user button until the Good Study Indicator flashes.

Once the device has exited recording mode, wait at least 1 minute. Then, briefly press (less than 5 seconds) and release the User Button again and the Good Study Indicator will be displayed.

Problem	Solution
SpO ₂ sensor icon continues to flash yellow	Make sure the finger probe is correctly and securely placed on your finger. If the sensor icon continues to flash after adjusting the sensor, you should go to sleep as planned
Effort belt sensor icon continues to flash yellow	Make sure the effort belt is securely connected to the Alice NightOne device. Also, make sure the belt is placed correctly around your chest and fits snugly to ensure there is enough tension on the belt. If the belt is too tight, slightly loosen the belt to ensure there is not too much tension. If the sensor icon continues to flash after adjusting the sensor, you should go to sleep as planned
Airflow sensor icon continues to flash yellow	Make sure the airflow sensor is properly routed behind your ears and under the chin with the airflow sensor prongs facing up inside your nostrils. Also, make sure you are breathing through your nose. If the sensor icon continues to flash after adjusting the sensor, you should go to sleep as planned
Effort belt buckle unsnaps from the device	Make sure both buckle latches are firmly seated into place when connecting to the device
Alice NightOne will not start the study	Press and hold the user button or connect the effort belt to initiate the guided setup and begin recording. If no lights are displayed, remove and replace the batteries and try again
When trying to display the Good Study Indicator at the end of a study, the guided setup begins	Press and hold the user button until the Good Study Indicator flashes. Then, quickly press and release the user button and the Good Study Indicator will be displayed
Two sections (the first quadrant and the fourth quadrant) of the Good Study Indicator are flashing yellow, no sensor icons are displayed, and the device does not respond to any button presses	There may be a device error. Contact Philips Sleep Support Team on Freephone 0800 652 0303 (Lines are open Monday to Friday 9am to 7pm)

Warnings and Cautions

- Do not smoke when using the device
- Use Micropore tape to secure the SpO₂ cable to the back of the hand and also to secure airflow sensors to cheeks.
- To avoid sensor damage, do not immerse any of the sensors in liquid.
- Remove the airflow sensors from your face before drinking liquids or eating.
- To avoid electric shock, do not wear the Alice NightOne and its sensors in a shower, bath, waterbed, or with an electric blanket that is switched on.
- Use only the sensors specified by Philips Respironics for the Alice NightOne unit. Non-approved Philips Respironics sensors may compromise the safety and performance of the device.
- Do not use a mobile phone near the Alice NightOne recorder when it is powered on. The radio frequencies from the mobile may interfere with the operation of the device.

For a full list of warning and cautions please refer to the user manual



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