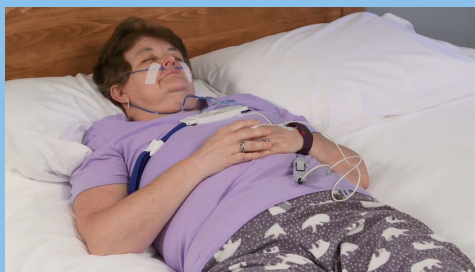


Instructions for Home Sleep Apnea Testing



please be sure to watch an instructional video
tutorial at:

www.neurocareinc.com/home-sleep-apnea-testing

*Tip: Read brochure entirely before putting on
device. Plan to put on device 30 minutes
before bedtime.*



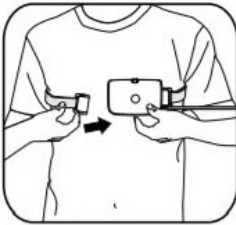
*NOTE: Failure to return the device
on the agreed upon date will result
in a late fee*

HSAT Device Set-Up

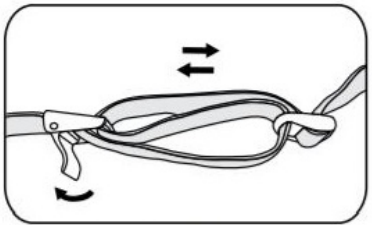
Easy as 1-2-3!

1. Connect Chest Belt

- Place the device in the middle of your chest (for women, above breasts) and wrap the blue belt under your arms and around your torso.
- Fasten the white clip at the end of the belt into the side of the device until you hear the belt click (*figure 1*). The device is now **ON**.
- Tighten the belt as you would a seat belt so it fits snugly and can pick up your breathing effort.



chest belt connection



chest belt adjustment *figure 1*

2. Insert Nasal Sensor (Cannula) into Nose

- Fit the nasal sensor (cannula) so the two clear, small, open tubes point toward your nostrils.
- Loop tubing over each ear and pull the plastic slide under your chin to a snug but comfortable position.
- Use two pieces of tape to secure tubing to your cheeks (*figure 2*).



nasal sensor (cannula) placement *figure 2*

3. Insert Finger into Finger Probe

- Insert your finger so it reaches the end of the sensor without poking through the hole.
- Make sure the white cord goes along the top of your hand. Secure it to your finger and back of your wrist with two pieces of tape (*figure 3*) .
- Note: A **RED LIGHT** beneath the finger probe is normal and indicates that the device is powered **ON** and **RECORDING**. Data records automatically and cannot be accidentally deleted.

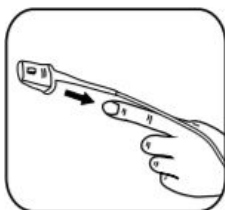
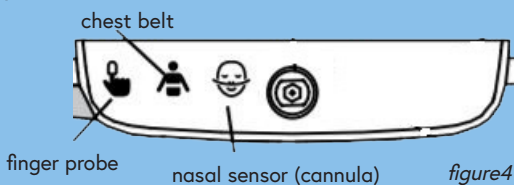


figure 3

A Note on Sleep Testing & the Alice NightOne Device:

We expect that you may not sleep as well tonight as you normally do. Even so, it's important to wear the device all night (at least 7 hours) so that any sleep you do get is recorded.

Once the device is **ON**, lights on the top left of the device correlating to three sensors will begin flashing. These lights will go **OFF** after a few minutes so as not to interrupt your sleep. Refer to *figure 4* to note which light corresponds to which sensor.



In The Morning

Remove all sensors and put equipment back in the box or bag in which you received it. The device will shut off on its own within 30 minutes (it's normal to see flashing lights on the top of the device during this time) and this time period will not impact your study data. Return the device and patient evaluation survey as instructed.

Frequently Asked Questions

Q: How do I know if the device is ON?

A: The device is ON if you see a **RED RECORDING LIGHT** underneath the finger probe (cup your hand over the finger probe to see the red light). If the red light is still not on, please reconnect the belt on both sides of the device. The study begins recording automatically once the device is ON.

Q: There are **YELLOW or **GREEN** lights intermittently appearing on the top of the device. What should I do?**

A: Make sure the belt is fully clipped into the side of the device. Once that is done, don't worry! It's common for yellow or green lights to appear, especially while you're awake. They may appear if you are moving around, holding your breath, or talking, and do not signify a failed study. Continue to sleep with the device and return the device as instructed.

Q: I don't see any lights on the top of the device. What should I do?

A: This is normal. The lights on top of the device go OFF so as not to interrupt your sleep.

Q: What do I do if I need to get up during testing?

A: You are able to get up during testing, just make sure to keep the device on all night.

Q: What if I sleep on my stomach?

A: You can slide the belt so the device is on your side and out of the way.

Q: How do I learn the results of my study?

A: Please follow-up with your referring physician to discuss your results and plan of care.

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