Step-By-Step Guide
to using the Phillips Respironics Alice PDx home diagnostic study device

Video instruction is available on millennialsleeplab.com under the “Patient Info” tab

- **Step one:**
  Place the black string over your head and adjust so that the white Respironics device is in the center of your chest *(see photo below for ideal placement).*

- **Step two:**
  Clip the black buckle on the chest effort belt closed around your torso and adjust size to fit snuggly *(see photo for ideal placement).*

- **Step three:**
  Now place the abdominal effort belt around your stomach so that the belt is directly over or slightly below, the navel. The belt should not rotate around your torso. The wire connector on the black buckle should be in the front for easy connection of the wires.

- **Step four:**
  From the **top** white wire ports on the white Respironics device, *(which are labeled “Thoracic”), connect the other ends of those wires, the black connector ends, into the connector ports on the chest effort belt buckle.*
- **Step five:**
  From the **bottom** white wire ports on the Alice PDx, (which is labeled “Abdominal”), connect the other ends of those wires, the black connector ends, into the connector ports on the black **abdominal** effort belt buckle.

- **Step six:**
  Open the plastic bag with the clear tube attach to the gray post. (The 3/4" opaque plastic hard tube may have to be removed from threaded end of cannula, if not removed already)

- **Step seven:**
  Insert nasal tubes in nose, wrap tube around back of ears and continue under your chin to hold the tube securely in place with the sliding coupler.

- **Step eight:**
  Place the blue clip-style (or gray rubber) pulse oximeter on the index finger of either hand with wire facing on top of hand. The black end is already plugged into the device.
Step nine:
Open the white Respironics device by sliding the closure latch (found on the top of the unit) away from the nasal cannula port.

Step ten:
The white Respironics device will open as shown.

Step eleven:
Turn on the device by pressing the on/off button on the inside of the device (against your chest) once. (Skip this step if your device is configured to automatically turn on and off)
- **Step twelve:**
  The device is ready to use once the sleeping man has all of his connections and nothing is flashing. *(if a connector area on the man is flashing, check the corresponding connector on your body to properly connect)*

- **Step thirteen:**
  Close the white Respironics device.

  **You can now go to sleep. Repeat for 2 or 3 consecutive nights (whichever instructed by facility).**

Skip this step if your device is configured to automatically turn on and off.

**Very Important! IN THE MORNING....**

When you wake in the morning, open the device and hold the on/off button for approximately 5 seconds until it powers off. *If the device is left on all day, the batteries will drain and will need to be replaced, and possibly require the test to be rescheduled.*

For additional technical support call 877-933-9470 24 hours a day, 7 days a week.