

Sleep SMART

PAP Setup

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Sleep



Recover



Perform

Overview

The ResMed AirSense 10 AutoSet

Humidification

ClimateLine Air and Climate Control

Ramp

Smart Start / Smart Stop

The 5 most important aspects of PAP Therapy

The Sleep Report on the ResMed AirSense 10 AutoSet

Cleaning Procedures and Troubleshooting

Sleep SMART Run-In Night Considerations

The AirSense 10 AutoSet

Resmed AirSense 10 AutoSet

Quiet

Easy to use

User Friendly

Transmits usage and efficacy data

Device Overview



ResMed

AirSense[™]10 **AUTOSET**

AUTOSET FOR HER

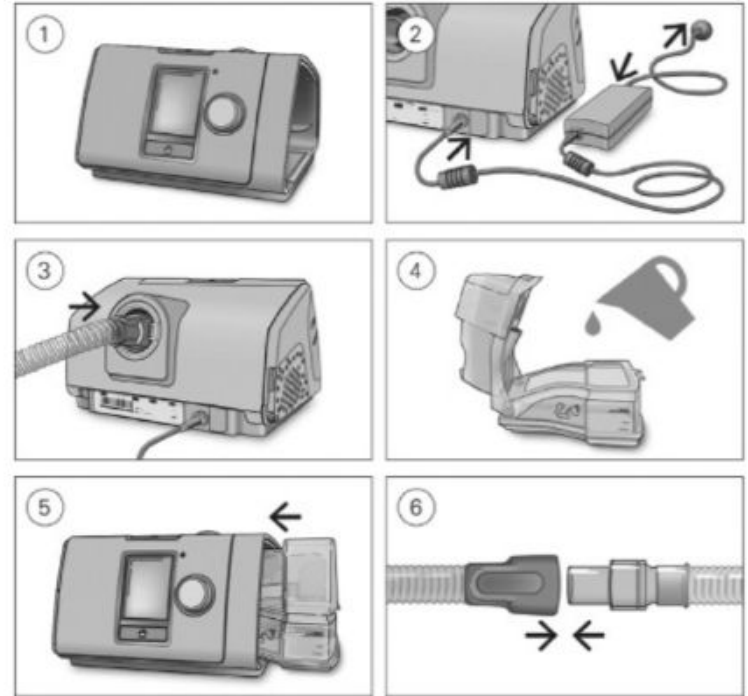
ELITE

CPAP



Setting Up the PAP Unit

1. Place the device on a stable level surface.
2. Plug the power connector into the rear of the device. Connect one end of the power cord into the power supply unit and the other end into the power outlet.
3. Connect the air tubing firmly to the air outlet located on the rear of the device.
4. Open the water tub and fill it with distilled water to just below the maximum water level mark. Do not fill the water tub with hot water.
5. Close the water tub and insert it into the side of the device.
6. Connect the free end of the air tubing firmly onto the assembled mask. See the mask user guide detailed information.



Humidification

Humidification is necessary for comfort

Can be adjusted

Seasonal differences

Individual differences

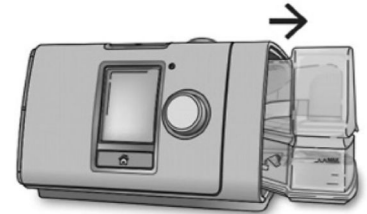
Distilled Water Only

Pay attention to water level marks

Do Not Overfill

Discard water in the morning

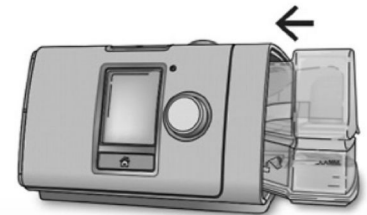
1. Remove the water tub.



2. Fill the water tub with distilled or deionized water up to the maximum water level.



3. Close the water tub and insert it into the side of the device.

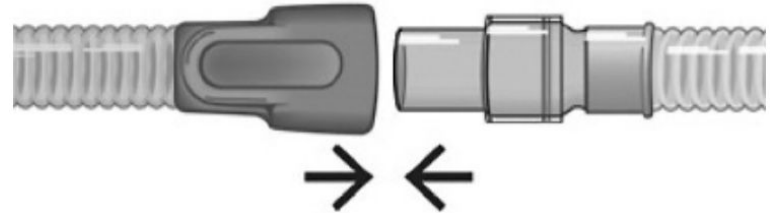
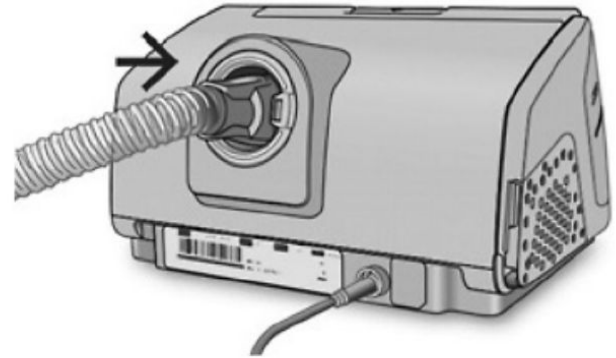


Climate Control and ClimateLine Air

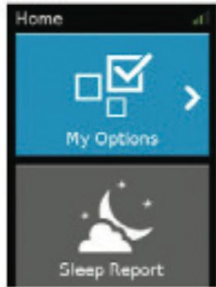
The tubing is part of the humidity control
Heated Tubing

Once connected to the AutoSet, the ClimateLine Air
will be automatically recognized and ready to be used

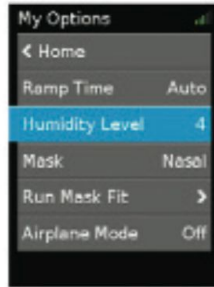
Pay attention to which end is which. Only connect the
end with the electronic connector to the back of the
AutoSet



Climate Control and ClimateLine Air



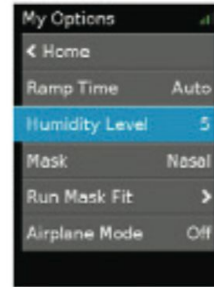
1. Press the dial to enter My Options.



2. Turn the dial to highlight Humidity Level and then press to select it.



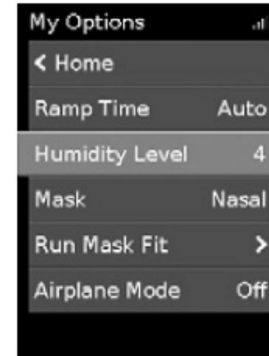
3. Turn the dial to adjust to your preferred setting.



4. Press the dial to save the change.

The humidifier moistens the air to make the therapy more comfortable

- If there is dry nose or mouth - TURN UP humidity
- If there is moisture in the tubing or mask - TURN DOWN humidity



Ramp

The Ramp function is another comfort function

Maintains the device pressure at a low setting to allow the subject time to fall asleep

Can be set to a fixed period of time from 5mins to 45mins

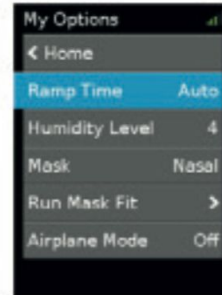
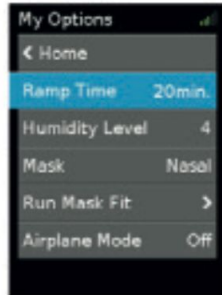
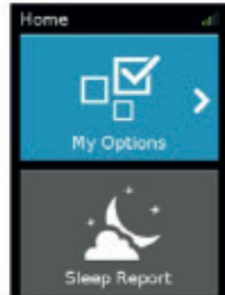
Default setting is Auto

If trouble falling asleep:

Turn ON Auto Ramp or Increase Ramp Time

Bloated Feeling or swallowing air:
Turn ON Auto Ramp or Increase Ramp Time

Feeling of not getting enough air:
Turn Ramp Time OFF



Smart Start / Smart Stop

One button Starts the AutoSet. The same button Stops the AutoSet

Smart Start and Smart Stop function

The APAP device has a comfort feature called SmartStart, which is enabled. This feature will start the device automatically when the subject breathes into the mask and then stop the device automatically when the subject removes the mask.

The AutoSet can be started and stopped as often as is needed

- If it is necessary to interrupt use of PAP (to use the restroom, for example), stop the device.
- Subjects can either disconnect the tubing from the mask, and keep the mask on, or take the mask off and then put it back on when they come back to bed.
- When they return to bed, they should push Start/Stop again or simply breathe into the mask. The device will restart using the same lower pressure it likely started with at the beginning of the night. As before, the machine will gradually ramp up the pressure until it reaches the targeted range.
- If subjects wake up in the middle of the night and the mask is to the side of the face, off of their face, or on the floor, just put it back on and return to sleep. People sometimes remove their PAP masks while they are asleep during the first few weeks of acclimation to treatment.

The 5 most important aspects of CPAP Treatment

1. The Type and Fit of the Mask

- The mask is the one part of the APAP system that is in constant contact to the subject's face. An uncomfortable mask makes sleep difficult, if not impossible.
- A mask that does not fit properly can cause a leak, which leads to the APAP giving more pressure and adds to discomfort.

2. Pressure

- The APAP adjusts itself to create enough pressure to keep the airway open.

3. Humidity

- The humidifier comes with the APAP and helps reduce dryness. The user controls how much humidity they receive.

4. Replacement of Supplies

- The Sleep SMART Care Team is a good source of information. Emphasize to subjects that it is always a good idea to know when the supplies are due to be ordered.

5. Proper Cleaning

- It is recommended that the water chamber, mask cushion, and nasal pillows be cleaned daily.
- All other items should be cleaned weekly or more often including the hose and filters.

The Sleep Report



Usage hours—Indicates the number of hours of therapy you received last session.

Mask Seal—Indicates how well your mask sealed:



Good mask seal.



Needs adjusting, see Mask Fit.

Humidifier—Indicates if your humidifier is working properly:



Humidifier working.



Humidifier might be faulty, contact your care provider.

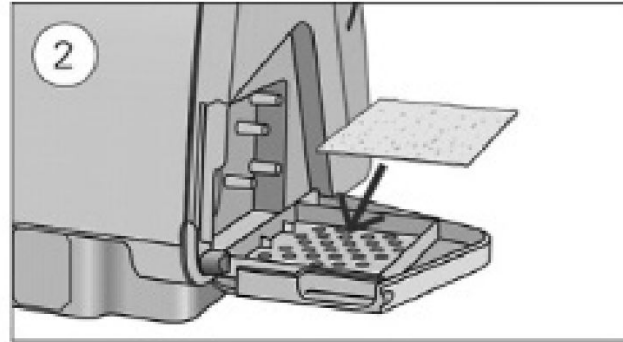
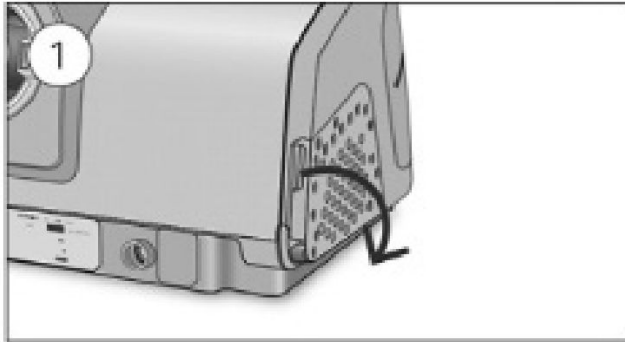
Cleaning Procedures - Water Chamber and Hose

1. **Water Chamber:** (At least weekly, preferably daily) Rinse water tub with 50% mixture of white vinegar and water. Quick easy cleaning tip - Get a Liter size water bottle with pull top. Fill half full with vinegar and top off with water. Leave this handy in the bathroom. Remove the water chamber from the humidifier and take the water chamber to the bathroom. Empty the remaining water from the water tub, squirt about ½ inch of mixture into the tub. Shake around to spread the mixture. Place the tub in the sink and turn on the hot water to rinse. Rinse and let chamber air dry. Once dried, the water tub is ready for sleep time use. Fill tub with distilled water for only one (1) night once they are ready for sleep.
2. **Hose:** (Weekly) Fill hose with mixture as above. Slosh the mixture back and forth several times. To rinse, turn the tap on in the bathtub. Rinse for several minutes to eliminate vinegar smell and build-up.

Keep in mind, the tubing is corrugated. Clean and rinse thoroughly. The acidity of the vinegar will loosen the build-up. It is an all-natural cleaner with no harsh chemicals.

Cleaning Procedures - Filter

1. Filter: (Monthly) Take the filter out of the device to check it. If they notice dust build-up, change the filter out. Subjects will have spare filters in their APAP bag. Subjects to contact the Sleep SMART Care Team if more filters are needed.



Cleaning Procedures - Mask and Headgear

1. Mask and Headgear: (Daily) Clean the mask in the sink. Use Ivory Soap or baby shampoo to clean the cushion and the forehead piece if the mask has one. They can also take the mask into the shower and clean it in the same way. Rinse well with cool water and hang to dry, with both openings of the tube hanging downwards on the towel rack in the bathroom.

Never use an alcohol-based product on the mask interface or nasal pillows. The alcohol will cause a quicker breakdown of the materials. CPAP supply cleaning wipes are available online.

Sleep SMART Run-In Night Considerations

For each Run-In night a new humidifier chamber must be used

For each Run-In night a new ClimateLine hose must be used

Masks will need to be fitted and sized ahead of time

A new, unused mask will be used for each Run-In night

If the Run-In night is successful, the subject will be dispensed all new equipment

Subject may be provided with the components from the Run-In night

Spare mask, extra tubing, used humidifier tub

If Run-In night is unsuccessful due to pressure intolerance, mask, humidifier tub and tubing is to be discarded

If Run-In night is unsuccessful due to external circumstance, the Run-In night can be repeated

Questions?