

My sleep therapy: ResMed equipment start guide

AirSense™ 10 AutoSet™ CPAP machine
AirFit™ P10 mask



Getting started with your new equipment



Watch the video

For an overview on how to set up
your ResMed equipment, visit

[ResMed.com/RemoteSetUp](https://www.resmed.com/RemoteSetUp)

Treating your sleep apnoea plays such an important role in improving your energy and health,¹ and you're in good hands with your ResMed AirSense 10 machine and AirFit P10 mask.

This setup guide will walk you through how to use your new equipment.

Please read the user guide included in your package carefully and refer to it for detailed information about product use and related precautions.

What's inside

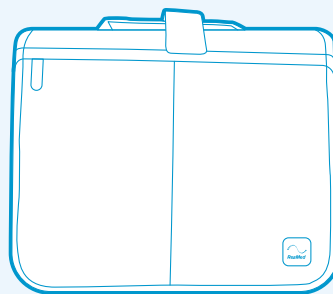
Shipping box

- A** Device travel bag
- B** Start guide
- C** AirFit P10 nasal pillows mask

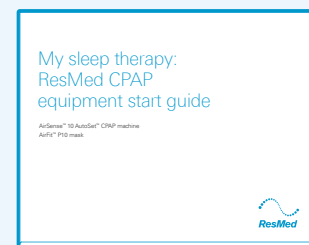
Device travel bag

- D** AirSense 10 machine
- E** HumidAir™ humidifier tub*
- F** Air tubing
- G** Power transformer and power cord
- H** User guide

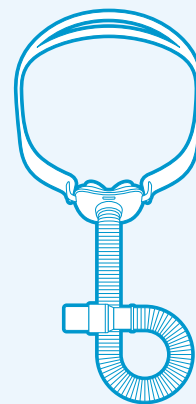
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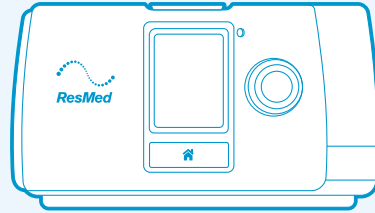


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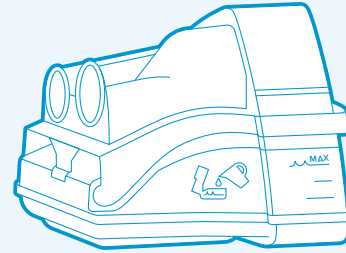


**only if you have been prescribed a humidifier with your machine.*

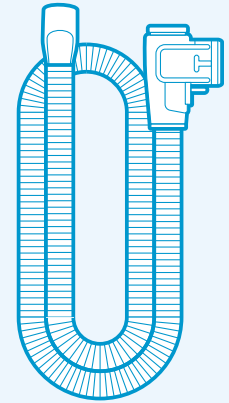
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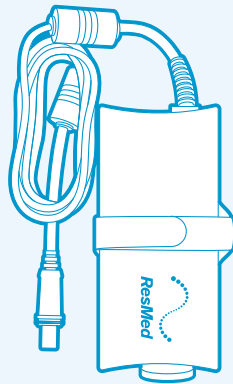
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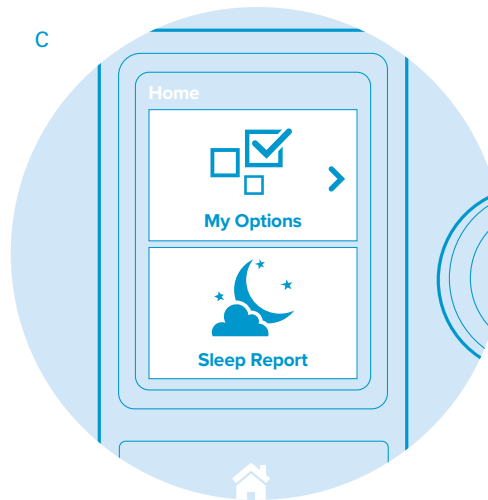
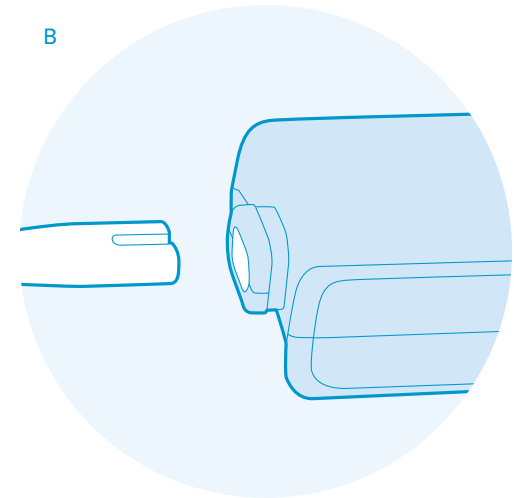
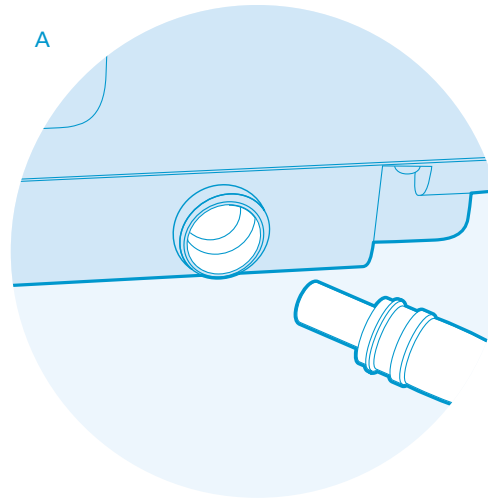
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Setting up your AirSense 10 machine

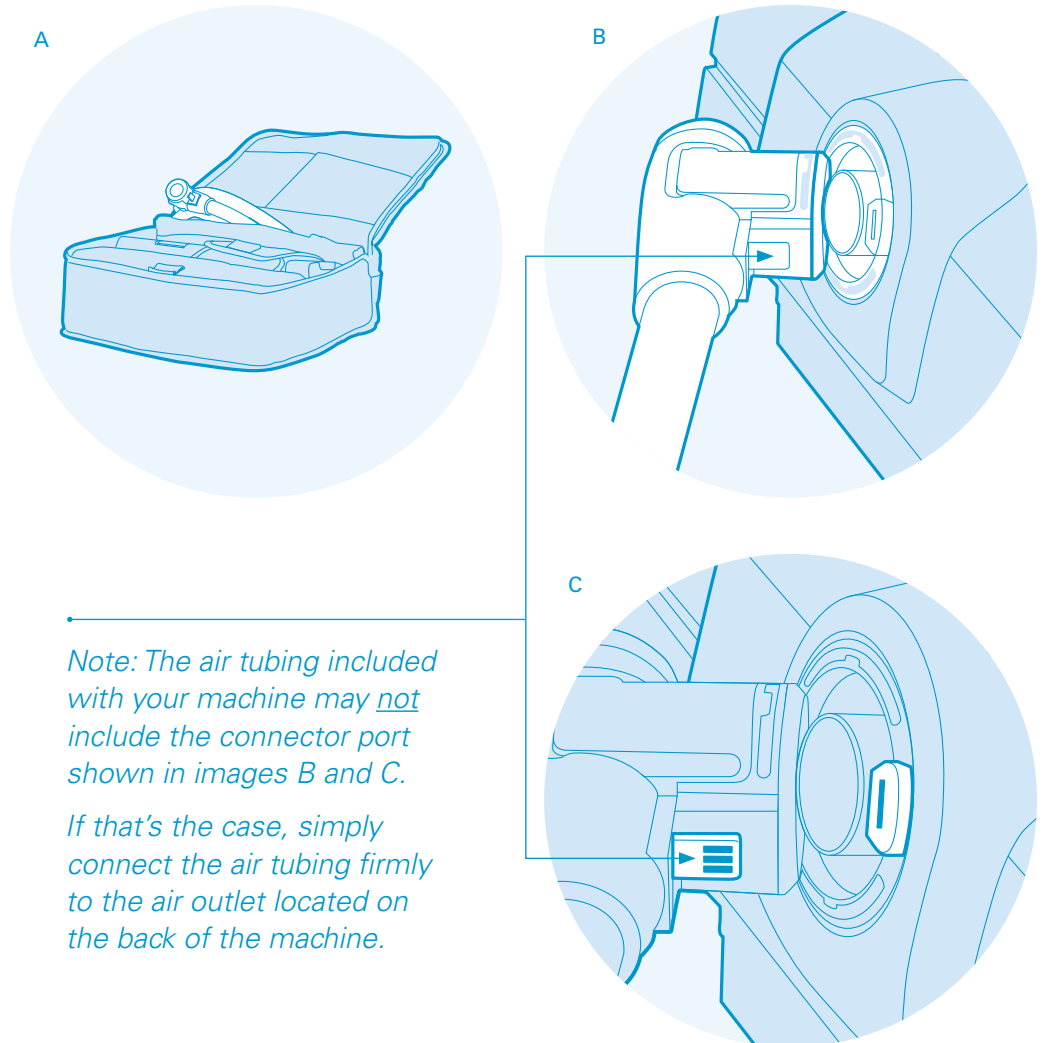
Let's begin by setting up your AirSense 10 machine.

- A** Insert the power cord into the back of your machine using the round plug.
- B** Connect the power cord to the power supply, and plug the other end into an electrical outlet.
- C** Your machine will power on and display the Home screen.



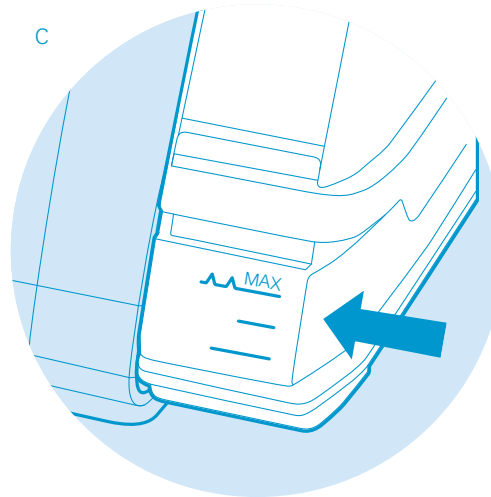
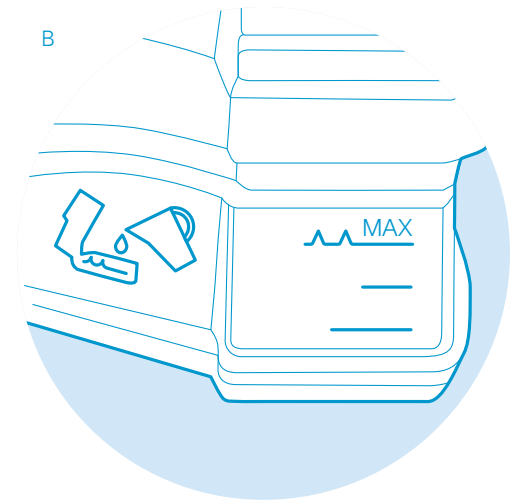
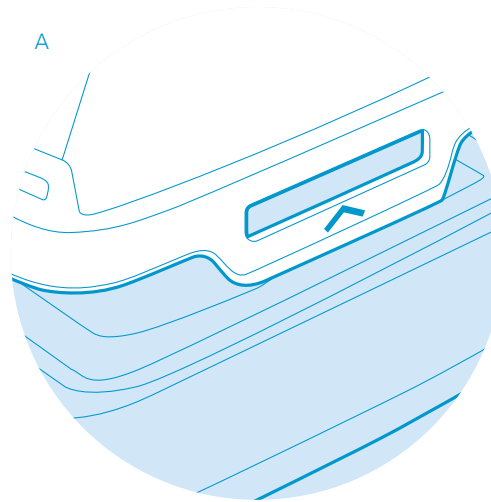
Attaching your air tubing

- A** You can find your air tubing in the zippered pocket of your AirSense 10 travel bag.
- B** Connect your air tubing by holding the cuff and lining it up with the connector port on the back of the machine.
- C** Be sure to line up the connector pin on the tubing cuff to the corresponding slot on the connector port.
- D** Push until it clicks into place.



Preparing your HumidAir humidifier tub*

- A** Snap open the lid of the water tub.
- B** Fill with water to the maximum water mark on the tub.
- C** Close the lid until it snaps shut. Gently push the water tub into the side of the machine until you feel it slide down and lock into place.

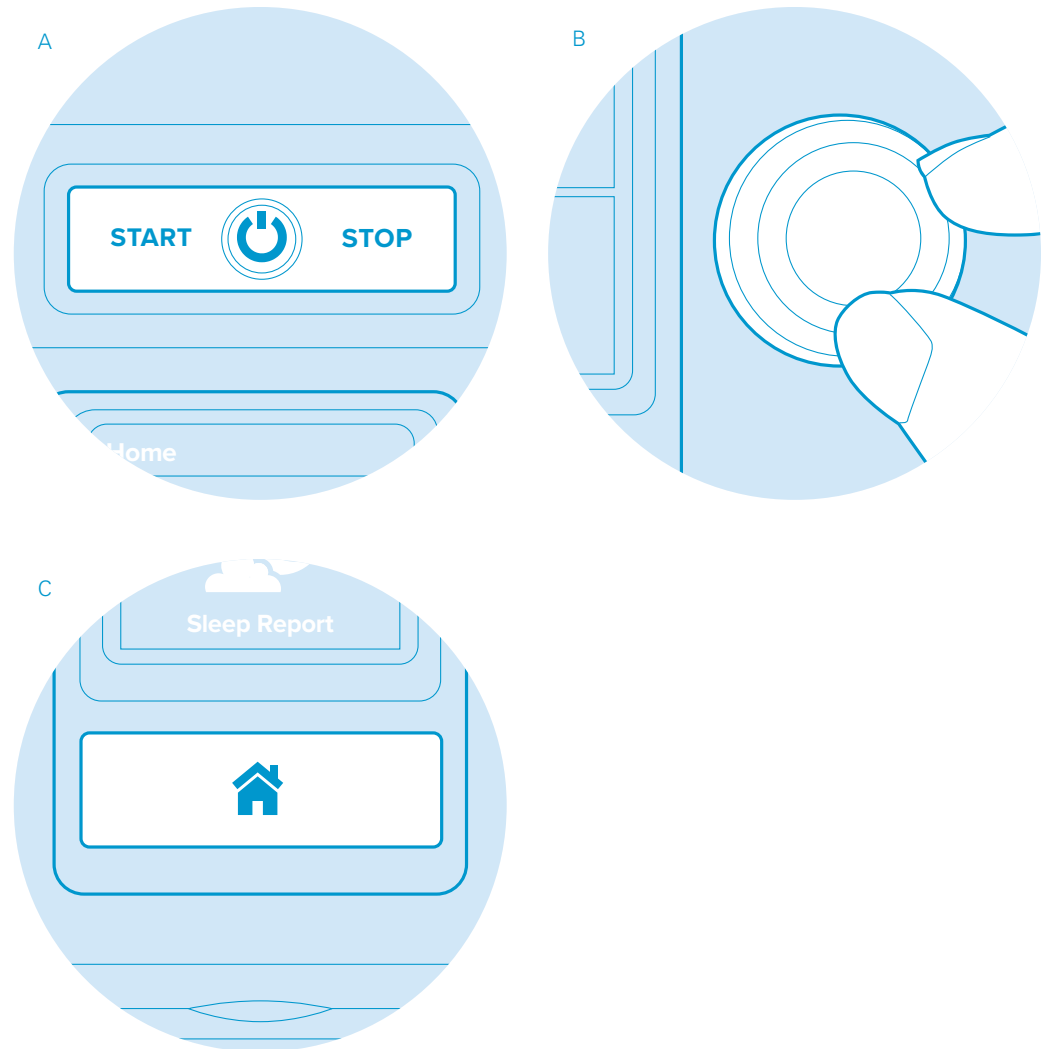


**If your machine does not have a humidifier, please do not put water in to the machine. Water should not go inside the black outer housing.*

Navigating your AirSense 10 machine

- A** The START/STOP button located on the top of your machine is used to begin and end therapy.
- B** The dial on the front is used to adjust comfort settings and access your sleep therapy data. Turn it to navigate the menu, and press it to confirm your choice.
- C** The HOME button sends you back to the Home screen, regardless of where you are in the menus.

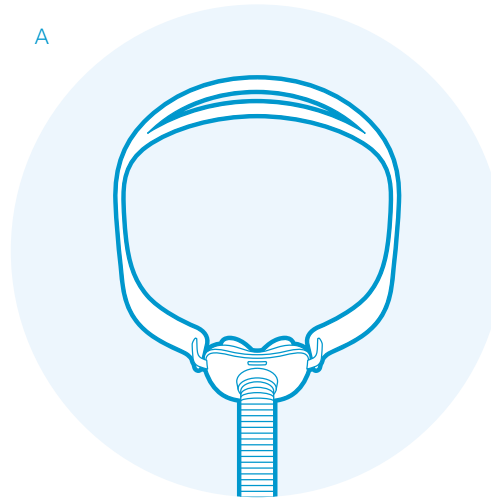
Note: All of your other machine settings are pre-set to your personal therapy needs per your healthcare provider. You will not need to make any additional setting adjustments.



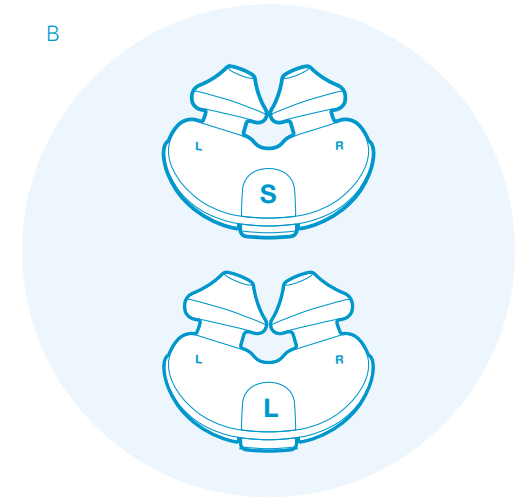
Unboxing your mask

- A** Mask system
- B** Additional cushions*
- C** Remove your mask from the packaging.
- D** Your P10 mask is fully assembled out of the box (no additional assembly required).

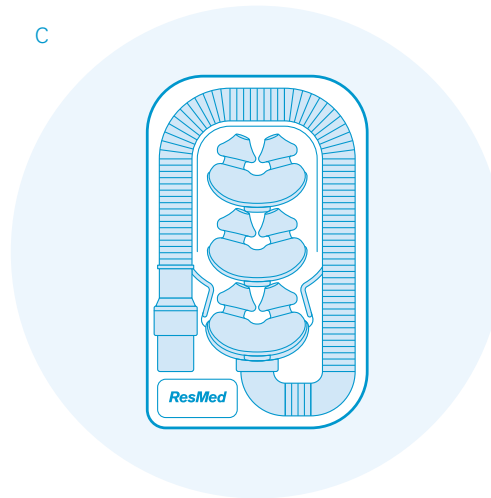
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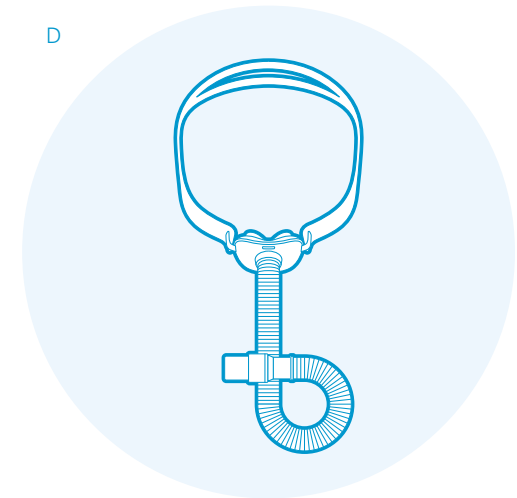
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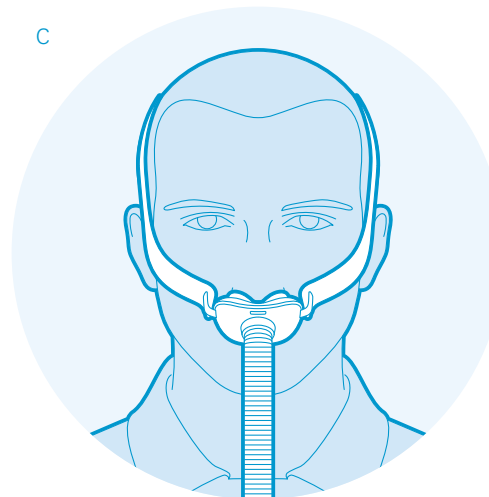
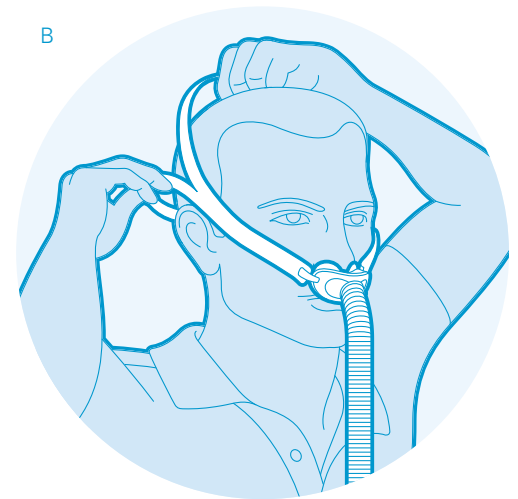
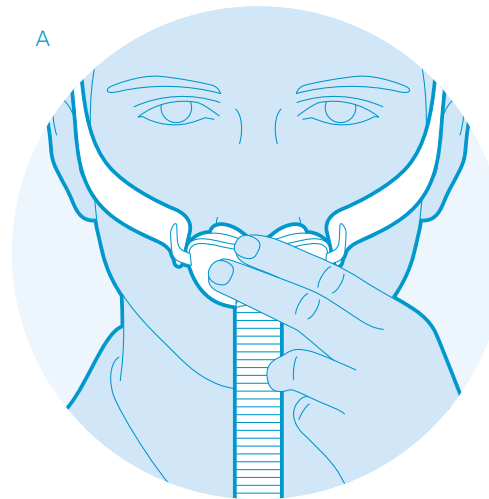
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* Additional cushions not for resale

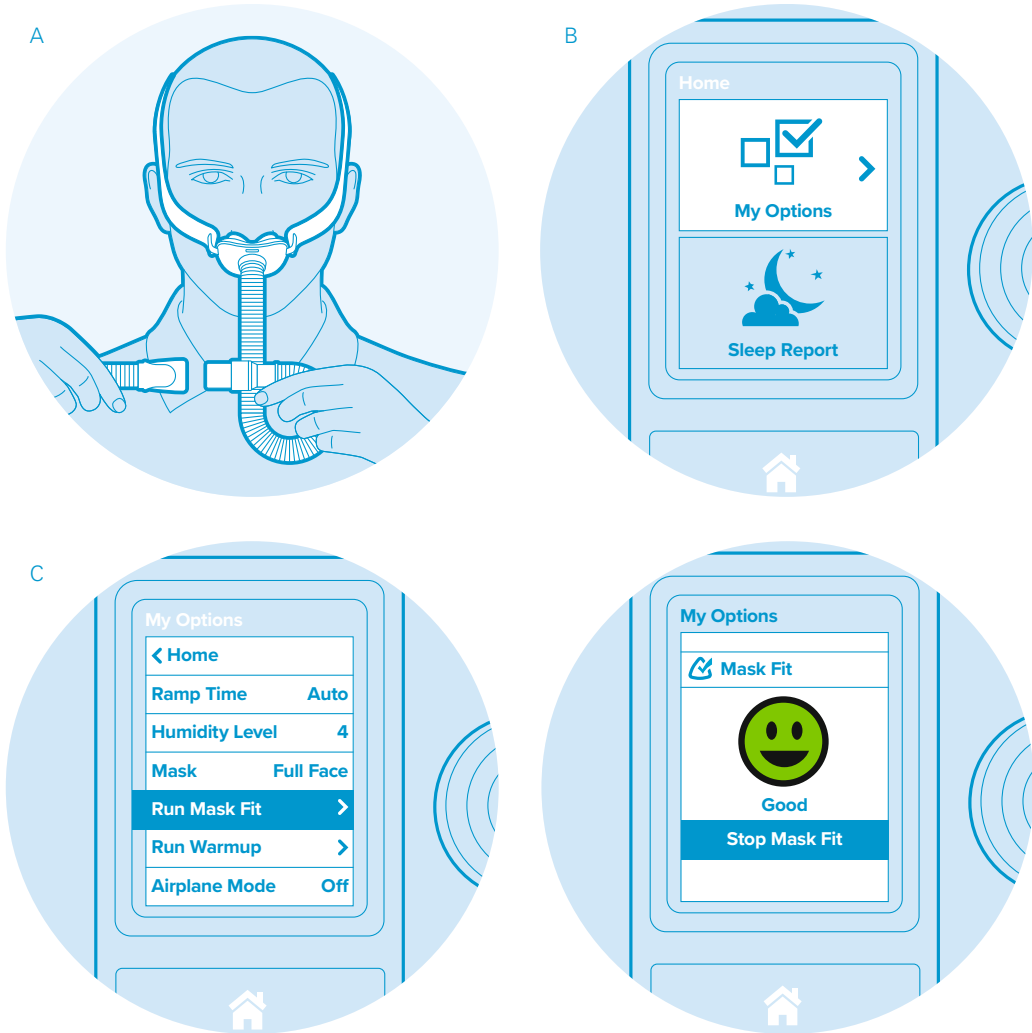
How to fit your mask

- A** Begin by inserting the nasal pillows in your nostrils (the nasal pillows are designed to fit comfortably in the edge of your nostrils and not designed to go all the way inside your nose).
- B** Slip the self-adjusting headgear over your head and split the two straps apart slightly for stability. Make any necessary adjustments to the two top straps by bringing them closer together or further apart to get a snug fit that's not too tight.
- C** This is how the mask should look when it's properly fitted.

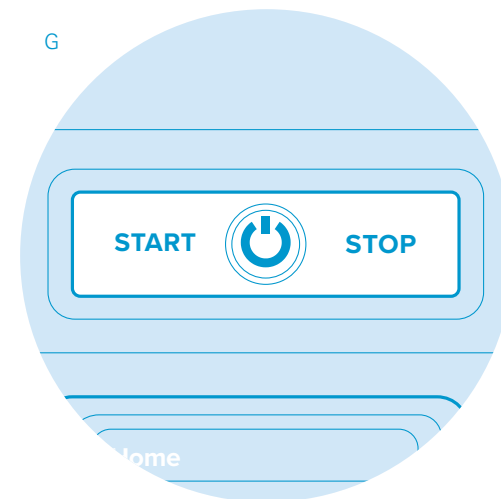
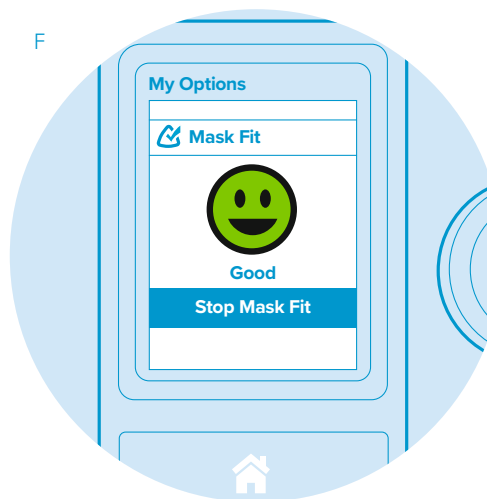
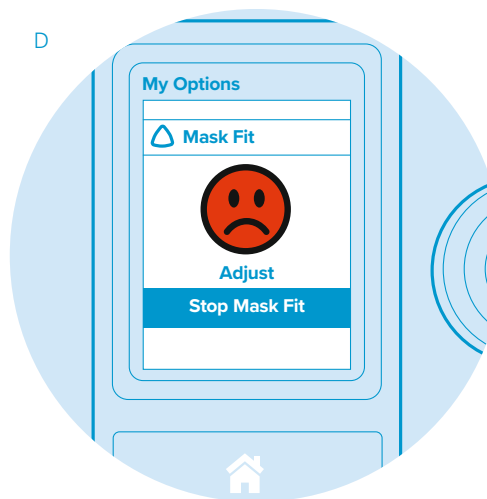


Connecting your mask to your machine

- A** With the mask on your face, connect the tube from your machine to the mask.
- B** On the Home screen, turn the dial to My Options and press the dial to confirm your choice.
- C** Scroll down to the Run Mask Fit option and press the dial. The machine will start blowing air, and a green happy face will automatically appear on the screen. Wait at least 10 seconds to ensure the screen does not change; a happy face indicates that your mask is fitted properly.



- D If the happy face screen changes to a red sad face, this indicates your mask may be leaking. You may need to make small adjustments.
- E To readjust your mask, pull it away from your face and gently let it fall back against your skin.
- F When your mask is properly fitted, you'll see the happy face appear back on the screen.
- G When you're ready to start therapy, press the START/STOP button.



Getting used to your therapy

Breathe normally

When you use your machine for the first time, remember to breathe normally. Focus on breathing in and out through your nose only.

Pressure may feel strange at first

It may feel easier than normal to inhale, but harder than normal to exhale. Take your time – even a few minutes of breathing normally with your machine will help you relax and get used to therapy.

If you find yourself struggling and thinking about breathing, consider deep meditation breathing as this helps to increase relaxation. Remember, you can stop and start therapy at any time by using the START/STOP button on the top of your machine.

Check for leaks

Check for leaks and make any necessary mask adjustments before falling asleep. Adapting to therapy takes time, so be patient with yourself. The best way to adjust to therapy is to use your machine nightly.

Register for myAir

ResMed myAir™ is a free, easy-to-use application that lets you know how you slept the night before and helps you stay on track throughout your sleep apnoea treatment journey.

Sign up at ResMed.com/myAir.



myAir score

A daily snapshot of how well you slept



Badges

Celebrate reaching milestones in your treatment



Tips

Receive emails that give you tips about improving your comfort and sleep



Alerts

Know if something is wrong with your mask or machine, and how to fix it



Personalised sleep tools

How-to instructions, videos and personalised information



myAir™

Caring for your equipment

Maintaining and caring for your CPAP equipment is an important step to help you get the most out of therapy.

Mask care

Over time, your skin releases facial oil that can reduce the quality and performance of your mask, so it's important to clean it daily with mild soap. Avoid harsh cleaning products, which may damage your mask or leave harmful residues. We also recommend cleaning your mask shortly after use and allowing it to dry away from direct sunlight.

For more information on how to clean and care for your mask, please refer to your AirFit P10 Nasal Pillows System user guide.

Machine care

To deliver consistent, high-quality therapy, your CPAP machine needs to be well-maintained. A blocked air filter may impact the pressure delivered to you. It's important to regularly examine the air filter for holes or dust build-up. Refer to your AirSense 10 series user guide for specific recommendations on how to keep your machine performing at an optimal level.

Humidifier care (if applicable)

Maintaining your HumidAir humidifier tub can prevent the buildup of deposits and help ensure comfortable therapy.

After each use, we recommend washing the water tub with a mild detergent and warm water. Then thoroughly rinse and dry it away from direct sunlight. The tub should also be checked once a month for wear and deterioration. If any component has cracked or become cloudy or pitted, the tub should be replaced.

Please note that this cleaning information is only a summary. For more detailed information on cleaning your ResMed CPAP equipment, refer to the product's individual user guide.

Benefits of sleep apnoea treatment

When left untreated, sleep apnoea can negatively affect your energy levels, productivity and mental well-being.¹ It can also have long-term, adverse effects on your heart,¹ metabolism and health.¹ Sleep apnoea can affect anyone¹ – fit or overweight, old or young, male or female. A few of the common symptoms are:

- Loud snoring¹
- Lack of energy¹
- Daytime sleepiness¹
- Morning headaches¹
- A partner or family member notices that you stop breathing during sleep¹

Effective treatment of sleep apnoea has been shown to help alleviate these symptoms, which can lead directly to a healthier mental outlook and improved well-being.^{2,3}

For more ResMed CPAP equipment information,
visit **ResMed.com/RemoteSetUp**

For specific questions about your equipment,
contact your equipment provider or
ResMed customer support: 0800 917 7071



References:

- 1 Memon J, Manganaro SN. Obstructive Sleep-disordered Breathing (SDB). In: StatPearls. Treasure Island (FL): StatPearls Publishing; 2020 American Academy of Sleep Medicine (AASM). "CPAP – Benefits." *Sleep Education*. 2018.
- 2 Schwartz DJ & al. For individuals with obstructive sleep apnea, institution of CPAP therapy is associated with an amelioration of symptoms of depression which is sustained long term. *J Clin Sleep Med*. 2007;3(6):631-635.
- 3 MFarrell PC, Richards G. Recognition and treatment of sleep-disordered breathing: an important component of chronic disease management. *J Transl Med*. 2017;15(1):114. Published 2017 May 25. doi:10.1186/s12967-017-1211-y