



Please refer to the device, humidifier and mask user manuals for full cleaning and user instructions.

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DreamStation

CPAP Pro

Auto CPAP

Quick start guide

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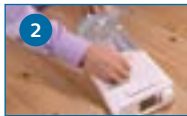
A Setting up my therapy

What you will need: DreamStation therapy device itself, an optional heated humidifier, a power supply with AC cord, a flexible tube and a mask.



Apply power

Plug one end of the AC cord into the power supply, and the other end into an electrical outlet. Plug the power supply connector into the power inlet on the therapy device.



Access the humidifier water tank

Slide the humidifier lid release latch toward the therapy device and lift up on the humidifier lid until it is completely open.



Fill the humidifier water tank

Lift the tank out of the humidifier base. Rinse the tank with tap water before your first use. Then fill the tank with distilled water up to the maximum fill line.



Close the humidifier

Carefully place the water tank into the humidifier and close the humidifier lid until it snaps shut.



Attach the tube and mask

Attach the flexible tubing to the outlet port on the top of your humidifier, or on the back of your therapy device if you are not using a humidifier. Connect the other end of the tubing to your mask and headgear. Consult your mask instructions to properly fit your mask.

Warning: Refer to all warnings in the instructions for use before using any of the medical devices in this guide.

Caution: Refer to all cautions in the instructions for use before using the medical devices in this guide. This quick start guide is not a substitute for the instructions for use.



To start therapy

Press the therapy on/off button located on top of the device.



To stop therapy

Press the therapy on/off button.

B

Navigating in the menu

When therapy is on :



Humidifier settings

While the device is delivering therapy, you can adjust tube temperature or humidifier settings. Rotate the control dial to choose either setting. Press and rotate the dial to change the setting.

Device feature

- 1 Therapy pressure
- 2 Adjustable tube temperature setting
- 3 Adjustable humidifier setting
- 4 Enabled features



Ramp pressure screen

Ramp

If ramp is enabled, you can use it by pressing the Ramp button on the top of the device. The Therapy screen will then change to reflect the Ramp pressure, and the green circle will reflect the gradual increase in pressure.

When therapy is off : in the patient menu, you can choose between the following screens.



My info

In this sub-menu, you can access information related to your therapy (therapy hours, mask fit, and if enabled AHI, Periodic Breathing % and P90%).



Preheat

From this icon, you can pre-heat your humidifer for 30 minutes before therapy starts.



My provider

On this sub-menu, you can access information related to your device, but also can manually send therapy data (upload) to the care team (if a modem is installed), or launch the self-scanning tool Performance Check.



My set-up

From this sub-menu, you can adjust some comfort settings such as ramp starting pressure, Flex, mask type, etc. Some settings cannot be changed if the lock icon is displayed on the icon.

C Choosing the right mask



Nasal masks

Nasal masks are generally offered as the first intention mask. They are generally smaller and lighter than full face masks and may be better for higher air pressure than minimal contact masks.



Minimal contact masks

These masks may be a good solution if you feel claustrophobic or if you are an active sleeper who toss and turn overnight or if you have facial hair that interferes with other masks.



Full face masks

This mask may be ideal if you suffer from nasal obstruction or frequent congestion from allergies or cold symptoms. It's also suitable if you continue to breathe through your mouth at night despite trying the nasal/nasal pillow mask with a heated humidity feature or chin strap.

A comfortable, well fitted mask is one of the key factors to therapy success. There are a number of different options available to suit differing needs.

With innovative cushion designs for excellent seal and comfort, our Philips Respironics masks are helping CPAP users get the sleep they deserve.



DreamWear
under the nose
nasal mask



Wisp
nasal mask



Pico
nasal mask



AmaraView
full face mask



**Nuance and
Nuance Pro**
pillows mask



AmaraGel
full face mask



D Caring for your DreamStation

Note: Please refer to the User Manuals for a list of all warnings and cautions.

Daily care of equipment

- Remove the mask/nasal pillows from the headgear. Clean with warm soapy water; rinse and air dry.
- Never use alcohol on the mask or nasal pillows. It can harm the mask.
- Wash tubing before first use and daily in warm soapy water, then rinse and air dry. Inspect the tubing for damage or wear, and discard and replace if necessary (refer to the humidifier manual for how to clean the heated tube).
- Empty the humidifier and hand wash the humidifier chamber daily in warm soapy water, then rinse with clean water and air dry to prevent mold and bacterial growth. The humidifier can be placed in the dishwasher once a week (refer to "Home cleaning instructions" in the user manual for details).
- Change the water in the humidifier; always use distilled water to avoid mineral deposit build-up.



Weekly care

- Clean the reusable dark blue pollen filter at least once every two weeks and replace it with a new one every six months (refer to the user manual on how to clean/replace/install filters).
- To clean the reusable blue pollen filter, first detach the light-blue ultra-fine filter if applicable, and set aside or dispose of as needed. Then take the reusable filter to the sink, turn it upside down, and run warm tap water through the white filter media to rinse away any debris.
- Lightly shake the filter to remove as much water as possible, then air dry completely before reinstalling.
- Wash headgear with warm soapy water, rinse, and air dry. Headgear is machine washable, but it is best to wash it by hand.
- Unplug the device, and wipe the outside of the device with a cloth slightly dampened with water and a mild detergent. Let the device dry completely before plugging in the power cord.
- Inspect the device and all circuit parts for damage after cleaning. Replace any damaged parts.



Monthly care

- The light blue ultra-fine filter is disposable and should be replaced after 30 nights of use or sooner if it appears dirty. DO NOT clean the ultra-fine filter.



In case of breakage

- Contact your home care provider if you have any problems that you are unable to correct. Do not attempt to repair your device by yourself.

E Additional help and tips



Check mask fit

This feature allows you to check mask fit prior to starting therapy.

The device will deliver a test pressure while the screen counts down 40 seconds. A green bar indicates good fit, while a red bar indicates improvement is needed. After the test, normal therapy will start, and the screen will either display a green checkmark or a red "X". The green checkmark indicates that the leak found allows for optimal performance of the device. The red "X" indicates that the leak may affect device performance. However, the device will remain functional and deliver therapy.



Performance check device screening tool

Performance Check is designed to give you peace of mind, by confirming your device is working properly. The check operates the blower and quickly screens the device for any operation errors. The screen then indicates whether the device passed the check (displays a green check mark) or should be returned for service (displays a red X).



Sleep progress

The device provides summary information about your therapy use each time the therapy is turned off. The screen displays your nightly usage for the last 3 sleep sessions (measured in 24 hour periods, ending at noon each day). The most recent session is displayed in the right hand bar, labeled with the number of hours slept. A green bar indicates that you slept more than 4 hours, and a yellow bar indicates less than 4 hours of use.



Sleepapnea.com web site

Getting used to therapy is not always easy. Get tips and advice, watch videos on how other patients succeeded. To help you get the full benefits of your therapy, find out more information on your DreamStation and on your Philips Respironics mask by visiting our website.