

**ResMed**

*Changing lives  
with every breath*

# How to start CPAP therapy



The complete guide





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# How to get started with CPAP therapy

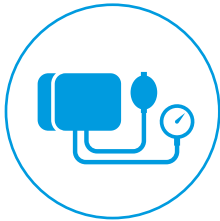


This ResMed eBook offers a well-rounded look at sleep apnea and how you can treat it with CPAP therapy. This guide is designed to help you get started with your sleep apnea treatment and provide therapy tools and resources to help you be successful with CPAP.

Treating your sleep apnea plays an important role in improving your energy level<sup>1</sup> and overall health.<sup>1,2</sup> Let's get you back to feeling your best every day with restful sleep!

Many of the consequences of sleep apnea, like fatigue<sup>1</sup>, are obvious. But it's important to know that untreated sleep apnea has been correlated with a variety of health conditions.<sup>1</sup>

Some of the health conditions related to sleep apnea are:



Hypertension<sup>2</sup>  
(high blood pressure)



Poor glucose control<sup>3</sup>  
(if you have type 2 diabetes)



Stroke<sup>2</sup>



Heart failure<sup>2</sup>

# What is CPAP therapy?

CPAP stands for continuous positive airway pressure. By gently splinting the airway open, a CPAP flows air to the lungs, keeping them ventilated so you can breathe.

We'll use "CPAP" as a general term throughout this eBook to refer to the different types of positive airway pressure (PAP) therapies and equipment used to treat sleep apnea. Learn more about [CPAP, APAP and bilevel therapies](#) on page 9.

There are a lot of benefits to ongoing CPAP treatment such as:

## **Uninterrupted sleep**

Successful CPAP therapy means less constant nighttime awakening when you stop breathing.<sup>1,2</sup>

## **More energy during the day**

Rather than feeling exhausted, you may wake up energized, ready to tackle the day.<sup>1,2</sup>

## **Fewer headaches**

CPAP therapy can help reduce headaches caused by lack of oxygen when you stop breathing.<sup>4</sup>

## **Reduced snoring**

Less snoring means a more peaceful sleep experience and happier bed partner.<sup>2</sup>

# CPAP users: before therapy

ResMed met with CPAP users to learn more about their sleep apnea treatment and experiences.\*

Here's what these CPAP users had to say about their physical and emotional state before therapy:

## **On headaches, feelings of pain, and difficulties keeping things together:**

*"Every morning I would wake up and feel like I had been punched in the face."*

## **On general grogginess and not being able to concentrate:**

*"I was so tired that my life was falling apart around me, and I didn't know what to do."*

## **On feelings of frustration, anger and being short tempered:**

*"You didn't want to know me before I was on therapy, I would have bitten your head off."*

\*Feedback provided by PAP patients in a focus group conducted by ResMed in 2017.



# CPAP users: after therapy

Next, we provided the group with a set of images and asked them to select which picture best described how they felt before they started sleep apnea therapy and another image for how they felt after starting therapy.

Dana G.\*

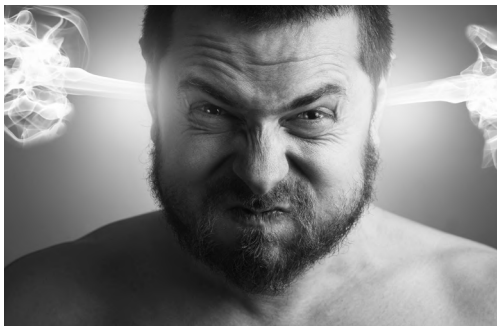


**Before** therapy



**After** therapy

Gary P.\*



**Before** therapy



**After** therapy

\*Actual patients not pictured. Feedback provided by PAP patients in a focus group conducted by ResMed in 2017.



# Things you need to know about CPAP equipment

# CPAP equipment

## Flow generator (CPAP or APAP machine)



## Mask headgear



## Mask cushions



Full face



Nasal



Nasal pillows

## Accessories



Air tubing



Humidifier tub



Air filters

# Here's how it all works together



## Types of positive pressure therapy

### CPAP

Gently and continuously sends a set, pressurized flow of air into the lungs. This pressure level is determined and prescribed by your sleep specialist/clinician.

### APAP

Automatically adjusts your air pressure throughout the night, based on sleep position and what stage of sleep you're in. ResMed machines have an APAP setting called AutoSet™ that will adjust pressure on a breath-by-breath basis.

### Bilevel

Ideal for sleep apnea patients who have trouble adjusting to a continuous, fixed-pressure airflow. One pressure is to splint open the airway and the second is to offer relief when you exhale.

### Bilevel or Bipap?

Your equipment supplier or sleep doctor may refer to a bilevel machine as a Bipap.

While they're essentially the same thing, the correct word to describe the ResMed brand version of this machine is bilevel.

# Replacing your CPAP supplies

As you know, your CPAP system is made up of multiple parts. Just like a car, the system works best with proper maintenance, which involves the regular replacement of certain parts. Here's a helpful list of items that should be replaced regularly to ensure you're getting optimal therapy, comfort and effectiveness. When your CPAP system is working at its best, you'll be able to tell the difference.



Mask frame system  
Every 3 months



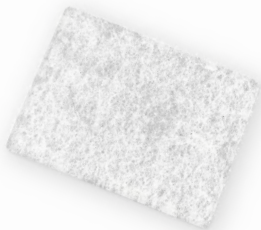
Air tubing  
Every 3 months



Cushions  
Every month



Humidifier tub  
Every 6 months



Air filters  
Every month



Headgear  
Every 6 months

**7 in 10** PAP patients say they sleep better after replacing their supplies.<sup>5\*</sup>

**1 in 3** say they get more sleep after replacing supplies.<sup>5\*\*</sup>

\*Frequent resuppliers are defined as those who receive replacement masks or parts for their masks at least every 3 months.  
\*\*Different insurers have different replacement schedules, so make sure you consult with your CPAP equipment supplier for more information.



# How to choose the right CPAP machine and accessories

# Choosing the right CPAP machine

Our latest CPAP machines are designed to make therapy as comfortable, quiet and convenient as possible. Here are just a few features in ResMed Air10 machines to help you achieve success with CPAP therapy:

## **Leak detection**

The AirSense™ 10 detects when you have a leak due to your mask seal breaking or you opening your mouth in sleep. Leak detection adjusts pressure so you can continue sleeping, undisturbed.

## **Climate Control**

Climate Control gauges the temperature of the room and maintains the humidity level in your settings.

## **AutoRamp™**

AutoRamp helps you adapt to CPAP therapy so you can fall asleep with ease. This ramp setting delivers low air pressure to you in the beginning while you're still awake. Then, using sleep onset detection, it automatically ramps up the pressure until it reaches your prescribed level.

## **Altitude adjustment**

Altitude adjustment automatically sets the right pressure for your machine based on altitude (up to 8,500 ft).

## **Expiratory pressure relief (EPR™)**

A comfort feature, EPR maintains the optimal pressure while you inhale and reduces pressure while you exhale.

## **myAir™ app for Air10™ by ResMed\***

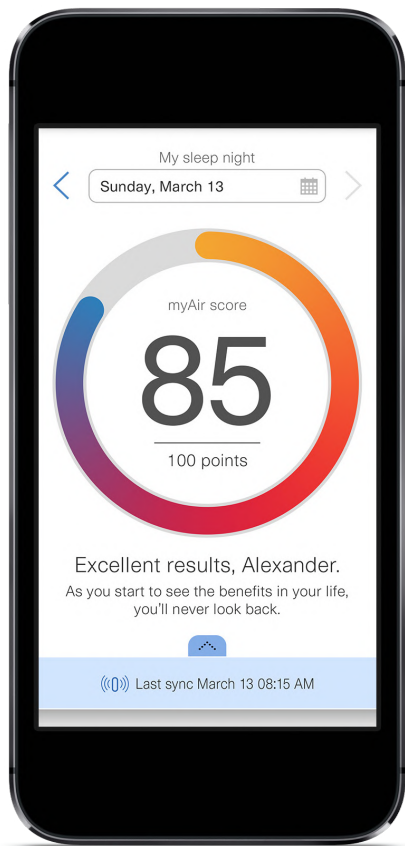
myAir is our personal sleep apnea therapy tracking application that has helpful how-to instructions, videos and personalized coaching information based on data from your Air10 machine. See next page for more details.

\*The myAir app is available in English only and in the US and Canada only.

# Stay on track with your CPAP therapy

Available exclusively with ResMed Air10 machines, 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 apnea therapy journey.

myAir™



## myAir score

View a daily snapshot of how well you slept.



## Badges

Celebrate reaching milestones in your CPAP treatment.



## Tips

Learn ways to improve your comfort and sleep better, sent by email or text.



## Alerts

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



## Personalized sleep tools

How-to instructions, videos and personalized information based on your CPAP machine and mask type.

\*Patient identity and corresponding data used are fictional.

Download the myAir app for Apple® iPhone® on the App Store® or for Android™ on the Google Play™ store. You can also sign up at [ResMed.com/myAir](https://ResMed.com/myAir).



# How to choose the right mask

Your mask is one of the most important components of CPAP therapy. A great mask can make therapy comfortable and successful, so picking the right one is important. There are several types of masks to choose from:



## Why choose Full face mask?

If you breathe with your mouth open, this is the mask for you. It covers both the nose and mouth area.



## Why choose Nasal mask?

If you breathe through your nose, but feel more comfortable with a mask that covers your nasal area, a nasal mask is a great option.



## Why choose Nasal pillows mask?

If you're looking for a lightweight mask that makes minimal facial contact, a nasal pillows mask is a perfect solution.

### Before you choose your mask, tell your equipment provider if you have:

- Chronic or seasonal allergies
- A deviated septum
- Previous nasal surgeries
- Nasal polyps



# Mask cushion materials

Mask fit is an integral part of CPAP therapy, but it's not the only thing to consider. Here are some tips on choosing the right mask cushion.\*



## What type of mask cushions are available?

**Ultrasoft™ memory foam:** The ResMed AirTouch™ F20 full face mask is the first to offer a ResMed Ultrasoft memory foam cushion that conforms to the unique contours of your face for a light, breathable fit. AirTouch F20 is also compatible with the ResMed AirFit™ F20 full face mask frame.

**Silicone:** AirFit™ F20 is our latest line of full face and nasal masks that offers a hypoallergenic silicone cushion.

## What size range do you need?

ResMed masks are typically three sizes (small, medium and large), but some masks in our for Her options include an extra small cushion or set of pillows in the packaging. Your equipment provider will help you choose the right mask size using a mask-fitting template.

## What is a CPAP mask cushion?

A CPAP cushion is the soft, front part of the mask that touches your face. You have a choice of silicone for full face, nasal or nasal pillows masks, or memory foam for full face masks.

\*Consult your equipment provider about the equipment that is best for you.

# CPAP accessories

CPAP therapy includes much more than the machine itself. Here's a brief rundown of replaceable and essential parts:



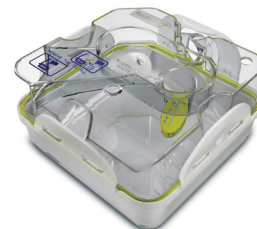
## Air tubing (i.e. hose)

ResMed offers several tubing options. With a ResMed ClimateLineAir™ heated tube, you breathe in warmed air during CPAP therapy for greater comfort, whereas a ResMed SlimLine™ tube is ideal for bilevel therapy.



## Air filters

CPAP filters are designed to prevent allergens from reaching your lungs. Filters should be replaced on a regular basis as part of your therapy maintenance. If you have chronic allergies, you may need to replace air filters more frequently and you may also want to consider using a ResMed Hypoallergenic Air Filter.



## Humidifier tub

Your humidifier chamber, also known as a water tub, is designed to reduce dryness in your nose and mouth. Fill it with distilled water and enjoy humid air that keeps your mouth and nose moist.

## If you have allergies, here are four tips on how to adjust your CPAP machine:

1. During allergy season, a full face CPAP mask can maximize comfort. Consult with your CPAP equipment supplier to see if the ResMed AirTouch F20 with UltraSoft memory foam cushion is the right option for you.
2. A ResMed ClimateLineAir heated tube can help reduce upper respiratory symptoms<sup>6</sup> and improve breathing comfort<sup>7</sup>.\*
3. Use hypo-allergenic air filters.
4. Ask your CPAP equipment supplier how you can sign up for automatic CPAP equipment replacements to ensure you're getting optimal therapy and comfort.

\*When used in combination with Climate Control and HumidAir humidifier on your Air10 machine.

# Understanding your equipment supplier's role in your therapy

On your journey to ongoing, effective therapy, your doctor and equipment provider can help keep you focused and compliant. Here are the roles they'll play in your treatment:



### **Sleep doctor**

Primary care physicians will often refer you to a sleep doctor. Your sleep doctor will order your sleep test and manage your care moving forward. They will:

- Decide on a home sleep test or overnight sleep study
- Interpret the scoring from your sleep study
- Determine your prescribed pressure settings



### **Equipment supplier**

Your equipment supplier, also known as a home medical equipment provider (HME) or durable medical equipment provider (DME), provides your machine, mask and other items. They also conduct ongoing clinical support for your equipment. Your equipment provider:

- Provides and sets up your equipment (including your mask)
- Monitors your therapy
- Answers questions and offers clinical troubleshooting support (mask leaks, etc.)
- Helps you order regular replacement parts





## How to prepare for your first appointment

Equipment providers play an important role from the beginning, from first equipment setup to maintaining and managing effective therapy for you.

Your machine type (CPAP, APAP or bilevel) is chosen in the prescription from your physician, but you can still request a certain model or brand of machine from your equipment provider prior to your setup appointment.

Your first appointment with your equipment provider is the most important. Here's what you should bring:

- Prescription
- Insurance information
- Copy of your sleep test results
- List of preferred equipment



## Start the conversation with your equipment provider

1. Before your setup appointment, your equipment provider can go over your CPAP prescription and doctor's recommendations. If you prefer a certain model or brand of CPAP machine, talk to your provider to see what options are available to you.
2. Ask about new product releases or innovations from ResMed.
3. Discuss mask types and your preferences based on your sleep style and/or allergies.
4. Ask about your CPAP equipment replacement options and scheduling.
5. Ask if your equipment supplier offers a CPAP replacement supply program that works within your insurance coverage parameters?

# How to adjust to a new nightly routine with CPAP therapy

# Tips for getting used to your CPAP mask

Getting used to your CPAP mask is different for everyone. Some people take to their mask right away while others need more time to get comfortable. Here are some important tips for adjusting to a CPAP mask when you sleep:

## **Wear your mask around the house**

To get used to how your mask feels, disconnect it from your machine and hose and wear it while you're washing the dishes, folding laundry or doing other activities at home.

## **Practice breathing against the pressure**

Breathing against the pressure of your CPAP machine may feel unusual at first, but if you practice before you're ready for sleep, you'll adjust to it faster. Try listening to music, reading or watching TV in bed with your mask on.

## **Make small adjustments to your mask**

Waking up with red marks? Loosen your mask straps in the morning. Taking your mask off during the night? Tighten it when you wake up. Make adjustments until you find the right fit.

## **Don't give up!**

It may take a week or longer to get comfortable with your mask, so don't give up. Give yourself as much time as you need to feel comfortable, awake and refreshed in the morning. And be sure to use it every night!

## **Try a different mask**

You have options – explore them if you continue struggling with therapy. If you're feeling claustrophobic, consider a nasal or pillows mask. If your nasal pillows are bothering you, try a nasal mask. If you're waking up with a dry mouth or find you're opening your mouth during sleep, a full face mask might be necessary. Talk to your equipment provider about your best option.

# 5 CPAP therapy roadblocks and how to overcome them

Consistency is the cornerstone of therapy, but before you're comfortable using your CPAP each night, you may face some challenges. Don't worry – this is normal!

## 1. Your nose and mouth are dry

Check your humidifier tub – is it filled? Have you turned on your machine's humidification setting? Are you opening your mouth while you sleep? Try a higher setting if your mouth and nose are dry.

## 2. You can't fall asleep

Use AutoRamp to help you adapt to your pressure as you fall asleep. Try practicing with your mask on while awake, like reading with it in bed.

## 3. Your mask is leaking

Adjust the straps of your mask until you're comfortable with a bit of tension. Try resetting and readjusting your cushion or nasal pillows against your face. If you continue to struggle, please let your equipment provider know.

## 4. You're having trouble breathing out

With Air10 machines, your provider can enable expiratory pressure relief (EPR™), which decreases pressure when you breathe out. There are three settings to choose from.

## 5. Your pressure feels too high

Many people have trouble adapting to their set pressure, but if you can't tolerate it, work with your equipment provider or doctor to change your comfort settings.

Using a CPAP machine for the first time may feel unnatural, claustrophobic or uncomfortable. Use the tips above to achieve comfortable and effective therapy.

### Did you know?

On the front of all vented masks, you'll find small vent holes that have been designed to release exhaled carbon dioxide. You should only be concerned with mask leaks that occur when your mask pulls away from your skin.





## Sleep apnea therapy: frequently asked questions

### **Q: If I need assistance with my mask, machine or parts, who do I call?**

A: Reach out to your medical equipment provider if you need help with your equipment or therapy.

### **Q: What do I do if I have side effects, like dryness or a stuffy nose during my therapy?**

A: Contact your equipment provider or PCP for assistance.

### **Q: How do I make my therapy better?**

A: With the Air10 humidification system, patients spend significantly more time in REM sleep and use therapy for longer.<sup>4-5</sup> Replace your parts often to enjoy quality sleep. Download the myAir for Air10 by ResMed app for Apple® iPhone® on the App Store® or for Android.™ on the Google Play™ store. You can also sign up online at [ResMed.com/myAir](https://ResMed.com/myAir).

### **Q: I have questions about replacing my equipment parts, who do I call?**

A: Contact your medical equipment provider to order supplies or verify your eligibility. Equipment replacement schedules do vary, so check with your insurer for your replacement schedule.



# What is sleep therapy compliance?

As you start therapy, you'll probably hear the word "compliance" a lot. As a patient, compliance means staying on therapy on a consistent basis. It's a personal goal for your long-term health.

For a doctor or insurance provider, compliance is, in some ways, a technical term. It's required that the data your CPAP machine logs shows that you're using your CPAP equipment a specified number of hours per night and days per month. If you can't show that you're consistent with your therapy within 90 days, your insurance provider may not cover the cost of your CPAP.\*

\*Insurance requirements vary, so speak to your HME about your specific compliance guidelines.





### 3 common myths about sleep therapy compliance

#### 1. You can ditch your therapy when you're on vacation

You should take your CPAP therapy with you when you travel. Thankfully, if you're traveling by air, some airlines won't even count your CPAP bag as an additional carry-on. ResMed also offers AirMini™, the world's smallest travel CPAP. Now you can easily pack and go wherever your next adventure takes you and get the restful sleep you need to get the most out of your trip.

#### 2. You need a Secure Digital (SD) card to prove you're compliant

ResMed does not require an SD card to store your data. Even if you're vacationing in a remote desert, your Air10™ machine will automatically store your sleep data. Once you have cellular connection, your CPAP machine will transmit your data to the cloud, and your physician or sleep lab will be able to see that you're compliant.

#### 3. Don't worry about the first 60 days – you can get compliant in the last 30 days

This is setting yourself up for failure since some people need a bit longer than 30 days to sleep more than 4 hours while on therapy. Start CPAP therapy on the first night and continue using it for all the subsequent hours you sleep at night (not just the minimum four hours required). This will help you become compliant within the first 45 days and get the most out of therapy.

# How to talk with your family and friends about sleep apnea





For some people, seeing their partner wear a CPAP mask can be intimidating, or even worse – frightening. Other bed partners are completely unfazed by that new machine that suddenly takes up residence on their loved one’s nightstand.

From the very beginning of this journey, include your partner or family in your CPAP experience. Their response to your therapy is key to helping you stay on therapy.



## How to make your CPAP therapy a fun family experience

### Showcase your CPAP equipment

Curious kids love to know how things work, so your first step should be sitting down, disassembling your equipment, and letting your children touch your mask, hose and other accessories. Tell them what each part does, then reassemble your equipment and put it on. As always, emphasize the importance of CPAP therapy for your health.

### Track your myAir score

The myAir for Air10 by ResMed sleep therapy tracking app not only boasts a colorful interface, it gives you a score based on how well your therapy went the night before. Show your kids your score each day, and they'll be extra excited about your sleep – especially when you score a perfect 100!

### Set up a family scoreboard

Set up a whiteboard and each day, have your kids or partner fill in your sleep score, or even other info, like how many times your mask leaked the previous night. You can take the sleep competition to the next level and get your partner to track their sleep with SleepScore™ Max, a bedside sleep tracking device that's also powered by ResMed technology. Check it out at [sleepscore.com](https://www.sleepscore.com).

### Get creative

From giving it a name to decorating it with stickers or other dazzlers, let your little ones make your machine unique and part of the family!





## Tips for getting your loved one used to your new CPAP equipment

### Be patient with your partner

Just like seeing you with a drastic new haircut, seeing you with your CPAP equipment may take some time to acclimate. Some loved ones may be intimidated by medical equipment at the bedside. But today's devices are so sleek and quiet, once your loved one realizes you're sleeping comfortably and quietly, and awakening full of energy, they may easily adjust to CPAP therapy with you.

### Discuss the health benefits of CPAP

Beyond the obvious benefits of being more alert, discuss how CPAP therapy can protect you from other diseases and the prevalence of various dangerous health conditions that often coincide with untreated sleep apnea.<sup>1,4</sup> CPAP alleviates snoring, so if your nightly snoring<sup>2</sup> was interrupting your bed partner's sleep, you can assure him or her it will stop if you stay on therapy.

### CPAP and sex

Studies show that women and men both experience sexual difficulties as a result of sleep apnea.<sup>8-9</sup> With sleep apnea treatment, you may experience a stronger libido.<sup>10-11</sup> You also won't be as tired each day, which can help with intimacy as well.<sup>1</sup>



# Travel tips for CPAP users



Traveling for work? Taking a plane to an exotic location? Trekking to a campsite for a relaxing weekend by the lake? Wherever you go, you'll want to be your best. And sleep is absolutely essential.

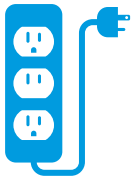
## CPAP travel tips

Flying with your CPAP machine? It's essential to continue with therapy even when you're traveling. Check out some quick tips and important links to help you prep before your flight.

How to prepare for your trip :



Contact your home care provider. Ask for a contact phone number for support should you need it.



Pack a power extension cord. The nearest electrical outlet may not always be near your bed.



Bring the appropriate electrical adapter when traveling outside the US. Your CPAP machine will automatically convert to the appropriate voltage of the electrical outlet you are plugging into, but you will need to bring the right outlet adapter with you.



Use bottled water in your humidifier if you can't find distilled water. Remember to switch back when you get home and avoid using tap water.





## Air travel and airport security for CPAP users

- Bring your CPAP machine as a carry-on so it won't be lost, damaged or misplaced by baggage handlers.
- Contact your individual airline about its [CPAP travel policy](#) at least two weeks prior to your flight.
- Allow yourself extra time for security. Be prepared to remove your CPAP machine from your bags so it can be X-rayed or inspected by security agents.
- The x-ray scanners will not harm your device. However, security may need to see the medical statement from your physician verifying that you're carrying medical equipment. So keep it handy!

[Learn more](#) about TSA regulations and how to stay as comfortable as possible during your flight.







## Traveling outdoors? Follow these tips

- Check with your medical provider when traveling to altitudes of 8,500 feet or higher. Most machines automatically compensate, but some may require manual adjustment.
- No outlet? No problem. [ResMed Power Station II \(RPS II\) battery](#) lets you use your compatible ResMed CPAP machine for up to 13 hours while you're away from an outlet. Great for travelers!
- Visit [ResMed.com/CPAPTravel](https://www.resmed.com/CPAPTravel) for more tips related to travel.



AirMini makes it easier than ever before to bring high-quality CPAP therapy along, no matter where life takes you. Whether you're traveling for business or fun, AirMini can help you get the rest you need to be at your best.

### **Sleep well anywhere**

AirMini is packed with proven ResMed technologies and features, so you'll never have to choose between quality and convenience again.

### **Small and lightweight**

Weighing less than a pound, AirMini fits in the palm of your hand.

### **Waterless humidification**

HumidX™ heat and moisture exchangers provide comfortable, effective humidification.

### **AirMini app**

Conveniently adjust your AirMini comfort settings from an app on your smartphone.

Learn more at [ResMed.com/AirMini](https://ResMed.com/AirMini).





# Resources

Here are some resources that answer questions and explore healthy sleep routines.

### ResMed blog



Frequently asked questions on weight loss and sleep apnea.

[READ MORE](#)



Sleep apnea and exercise: the sleep health connection.

[READ MORE](#)



Top 10 things to help you sleep.

[READ MORE](#)

### Sleep podcasts\*

[Sleep with me](#)

[Radiolab sleep](#)

### Sleep apnea forums\*

[Apnea Board](#)

[CPAP Talk](#)

\*Information provided by these third parties does not always reflect the views of ResMed.



# Equipment provider checklist

Print this page and bring it with you to ensure you get the most out of your first appointment with your CPAP equipment provider.

First appointment

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CONTACT	DATE	TIME
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Prescription

Insurance information

Copy of your sleep test results

## Ask for our latest equipment during your appointment



**Machine: AirSense10 or AirCurve10 series**  
Ask your provider which of our latest machines are right for you.



**Mask: AirFit20 or AirTouch20 series**  
Our latest masks offer a wide range of styles, with both silicone and memory foam cushion options.



**Accessories: ClimateLineAir**  
Heated tubing for your machine that can prevent comfort issues like rainout and dry mouth.



**Travel: AirMini travel CPAP**  
A must-have for frequent travelers, AirMini is simple to pack and delivers high-quality therapy.



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1 Lianne M et al. "Effects of Continuous Positive Airway Pressure on Fatigue and Sleepiness in Patients with Obstructive Sleep Apnea: Data from a Randomized Controlled Trial." *Sleep*. 2011 January 1; 34(1): 121–126. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3001790/> (accessed July 19, 2018). 2 American Academy of Sleep Medicine (AASM). "CPAP – Benefits." *Sleep Education*. 2018. <http://www.sleepeducation.org/essentials-in-sleep/cpap/benefits> (accessed July 19, 2018). 3 Tasali E et al. "Obstructive sleep apnea and type 2 diabetes: interacting epidemics." *Chest*. 2008 Feb; 133(2):496-506. doi: 10.1378/chest.07-0828. <http://www.ncbi.nlm.nih.gov/pubmed/18252916> (accessed July 19, 2018). 4 Mayo Foundation for Medical Education and Research (MFMER). "Sleep Apnea – Symptoms and causes." *Mayo Clinic*. 1998-2018. <https://www.mayoclinic.org/diseases-conditions/sleep-apnea/symptoms-causes/syc-20377631>. (accessed July 19, 2018). 5 Survey conducted for ResMed by third-party market research firm. June 2013 and April 2015. 6 Benjafield A et al. "Climate Control: Humidification with heated tube." *ResMed Science Center*. 2010. 7 Wimms A et al. "Assessment of the impact on compliance of a new CPAP system in obstructive sleep apnea." *Sleep Breath*. 2012. 8 Petersen M et al. Sexual function in female patients with obstructive sleep apnea. *J Sex Med*. 2011 Sep; 8(9):2560-8. doi: 10.1111/j.1743-6109.2011.02358.x. Epub 2011 Jun 23. <https://www.ncbi.nlm.nih.gov/pubmed/21699663> (accessed July 18, 2018). 9 Budweiser S et al. Sleep apnea is an independent correlate of erectile and sexual dysfunction. *J Sex Med*. 2009 Nov; 6(11):3147-57. doi: 10.1111/j.1743-6109.2009.01372.x. Epub 2009 Jun 29. <https://www.ncbi.nlm.nih.gov/pubmed/19570042>. (accessed July 18, 2018). 10 Association of CPAP treatment with sexual quality of life in patients with sleep apnea. *JAMA Otolaryngol Head Neck Surg*. 2018 May 24. doi: 10.1001/jamaoto.2018.0485. <https://www.ncbi.nlm.nih.gov/pubmed/29800001> (accessed July 18, 2018). 11 Luboshitzky r et al. *Neuro Endocrinol Lett*. 2003 Dec;24(6):4637. <https://www.ncbi.nlm.nih.gov/pubmed/15073577> (accessed July 18, 2018).

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