

Welcome to CPAP Therapy!

Operating Instructions:

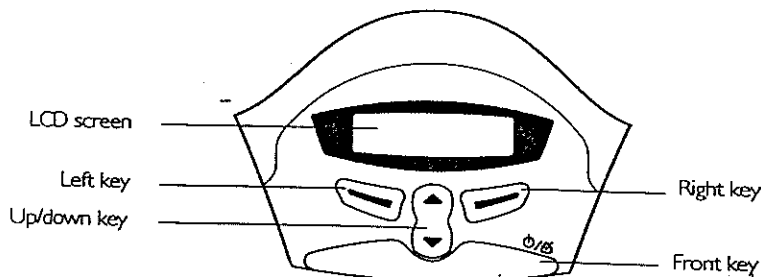
STARTING TREATMENT

1. Turn the main power switch on at the back of the machine
2. Fit your mask as explained by the technologists at the sleep clinic.
NB if you experience any difficulties fitting your mask please call a technologist right now on9346 4457.
3. Lie down and arrange the tubing so that it is free to move whilst you are asleep.
4. To start the treatment press the **Front** key.
5. To stop the treatment at any time press the **Front** key and remove your mask.

FEATURES OF THE AUTOSET SPIRIT

LCD SCREEN AND KEYPAD

The control panel of the AUTOSET SPIRIT includes an LCD screen and keypad.



The AUTOSET SPIRIT keypad has the following keys:

Front



- Starts or stops treatment
- Extended hold for at least 3 seconds starts the Mask-Fitting Feature.

Up/Down



- Allows you to scroll through the AUTOSET SPIRIT menus, submenus and setting options.

Left



- Performs the function indicated by the guiding text displayed above it on the LCD screen. Guiding text includes **menu**, **enter**, **change** and **apply**.

Right



- Performs the function indicated by the guiding text displayed above it on the LCD screen. Guiding text includes **exit** and **cancel**.

To assist you in adjusting the AUTOSET SPIRIT, the keypad and LCD are equipped with a backlight. The LCD backlight comes on when the unit is turned on or when you press a key, and turns off after 2 minutes. The keypad backlight is on at all times when the AUTOSET SPIRIT is on.

HELPFUL HINTS

1. You may feel some discomfort breathing out against the airflow coming in through your mask. This is a normal reaction. You will continue to breath normally when you are asleep, it will just take a little while to adjust to this sensation whilst you are awake.
 - a./ Taking a few deep breaths may help.
 - b./ Trialling the machine during the day can reduce your levels of anxiety. Try putting the mask on whilst you are watching T.V / reading a book. Although you do not need the machine whilst you are awake these activities can distract you from feeling anxious about breathing.
 - c./ Using the machine during nap periods are helpful in growing more accustomed to the treatment.
2. If you get up during the night, turn off the flow generator and remove your mask. Remember to put it all back on when you return.
3. If using a nasal mask, try to keep your mouth closed during treatment. Air leaks from the mouth can decrease the effectiveness of the treatment as well as making it feel uncomfortable. If you are having difficulties keeping your mouth closed let a technologist know, as this is a frequently encountered problem that can be fixed.
4. It is important that your mask fits comfortably and does not leak air around the seal. Any problems in these areas can be sorted by the sleep technologist.
5. If you experience any difficulties with nasal irritation, runny/blocked nose, dry mouth/throat, these can be overcome by using a humidifier in conjunction with the CPAP machine. Please speak to a technologist, who will be happy to solve these problems.

IT IS IMPORTANT THAT IF YOU ARE EXPERIENCING ANY PROBLEMS AT ALL WITH THE CPAP EQUIPMENT PLEASE CONTACT THE SLEEP CLINIC AT ANY TIME ON THE FOLLOWING NUMBER 9346 4457.