



Dr. Alexander A. Clerk's Office  
O'Connor Health Center 1  
455 O'Connor Drive,  
Suite 110,  
San Jose CA. 95128

Main: 408.295.4532  
Fax: 408.295.4738  
Email: [info@sleepmedicineservice.com](mailto:info@sleepmedicineservice.com)  
Web: [sleepmedicineservice.com](http://sleepmedicineservice.com)

Durable Medical Equipment

## CPAP Care & Nightly Use Instructions



### 9 steps to CPAP Success

#### Step 1

Connect the air tube to the air outlet port on the back of the machine. The flexible air tubing can either be connected directly into the port or via a swivel which can be inserted into the port.

#### Step 2

Connect the air tube to the mask. Depending on the type of mask, you will either connect the air tube to the flexible tubing at the bottom of the mask (*if your mask has a built-in exhalation port*) or to the exhalation port (*if it is not built into the mask*). In both cases, however, the tubing is connected to a port at the bottom of the mask.

#### Step 3

Connect the mask to the headgear. The exact process will vary depending on the type of mask and headgear that came with the machine, so follow the instructions provided with the headgear.

## Step 4

Place the CPAP machine on a flat, stable surface that is close enough to the bed so that you can comfortably lie down while wearing the mask.

## Step 5

Plug the CPAP machine into a power source. Generally, this involves connecting the machine to the power supply (*via a cord which connects to the power inlet port on the back of the machine*) and then plugging the power supply into an AC socket (*wall socket*). This will cause the lights on the machine to go on and the machine will go into standby mode.

## Step 6

Press the "Pressure on/off" button clearly labeled on the top of the machine. This will cause the machine to gently start pumping air.

## Step 7

Fill up the reservoir chamber with Distilled Water up to the clearly marked Max Water level.



## Step 8

Put on the mask and headgear. Make sure that the mask is comfortable and snug, and that there are no air leaks.

## Step 9

Lie down in bed and have a restful night sleep. 😊

## Cleaning and Care for Mask and Accessories



### Daily

Wash the mask system with warm, soapy water.

Do not use soaps with added scents. We recommend plain [Ivory®](#) liquid soap,

***We Recommend Liquid [Neutrogena®](#) face wash*** or baby shampoo.

Rinse well and allow to air dry out on a counter top away from a bathroom window and direct sunlight.

### Clean Weekly

Separate and hand wash headgear in warm, soapy water. Do not use soaps with added scents.

Rinse well and allow to air dry out away from a bathroom window and direct sunlight.

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## Cautions

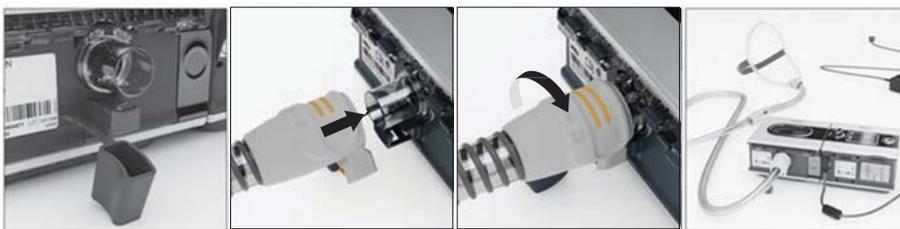
- Do not use solutions containing vinegar, bleach, chlorine, alcohol, aromatics, moisturizers, antibacterial agents or scented oils to clean any part of the system or air tubing. These solutions may cause damage and reduce the life of the product
- Do not expose any part of the system or tubing to direct sunlight as it may deteriorate the product
- If any visible deterioration of a component is apparent (cracking, tears, etc.) the component should be discarded and replaced.

### Note:

- Your headgear may be washed without being taken apart.
- The dye used in the headgear may run during the first wash

## Heated Tubing Setup, Care & Cleaning (ResMed® S9™ CPAP Only)

1. Remove the rubber cover from the rear of the H5i®.
2. Align the ClimateLine™ with the ClimateLine™ connection port so that the lock symbol is facing up. Push the ClimateLine™ firmly onto the air outlet.
3. Rotate the ClimateLine™ clockwise until it clicks into place.
4. Connect the assembled mask system to the free end of the ClimateLine™ air tubing. Refer to your S9 Welcome Guide for general setup information.



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## Climate Control Feature (ResMed® S9™ CPAP Only)

Climate Control is an intelligent system that controls the H5i® and the ClimateLine™ to deliver constant, comfortable temperature and humidity levels during therapy. Designed to prevent dryness of the nose and mouth, it automatically maintains the temperature and relative humidity while you sleep.

## Climate Control Modes

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#### Climate Control Auto



The recommended (default) setting for Climate Control is Auto mode. In Auto mode, you have the ability to adjust air temperature (61-86°F (16-30°C)) depending on preference. Based on your selected air temperature, Climate Control automatically adjusts the humidifier output to maintain a constant, comfortable humidity level of 80% relative humidity while protecting against rainout. In Auto mode the default air temperature is set to 80°F (27°C).

#### Climate Control Manual



If enabled by the clinician, Climate Control can also be set to manual. In this mode, air temperature and humidity can be set independently, providing you greater flexibility but without the rainout protection guaranteed in Auto mode. In this mode, air temperature (61–86°F (16–30°C)) and humidity level (0–6) can be set independently. If rainout occurs, either increase air temperature or decrease the humidity setting.

*Note: Images depict the US product. Temperatures will be displayed in celsius for all other regions.*

## Cleaning and maintenance

You should regularly carry out cleaning and maintenance as described in this section.

### Daily

Disconnect the air tubing and hang it in a clean, dry place until next use.

### Weekly

1. Remove the air tubing from the H5i® and the mask.
2. Wash the air tubing in warm water using mild detergent.
3. Rinse thoroughly, hang and allow drying out of direct sunlight.
4. Before next use, reconnect the air tubing to the air outlet and mask

### Helpful Tips:

It is important to keep your equipment clean. Remember that you are breathing whatever might be growing inside there.

If you have been sick recently, clean your equipment more often.

Remember to always follow the advice of your medical and equipment providers as well as the manufacturer's instructions for cleaning your CPAP.

Never use any perfumes or cleaning solutions other than gentle soap on your equipment. These can irritate your lungs and make you sick. The humidifier must only contain distilled water.