

CPAP CARE

Instruction Booklet



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- 4 Travel & Storage

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Section 1:



ResMed

1 What's in your box?

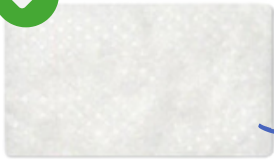
ResMed



CPAP Machine



Humidifier



Filter



Protective carrying case



Power cord & Adapter



Tubing



Machine Set Up Guide



1. Lay out all items as shown above.



2. Attach all wires to machine, then power it on.



Optional
3. Pour distilled water to marked level.



4. Insert the humidifier. Do not tilt to prevent water damage.



5a. Insert the breathing tube firmly into the air outlet of the machine, ensuring the microchip fits into slot.



5b. Insert the Anti-Bacterial filter into the air outlet of the machine, then attach the tubing.



6. Firmly connect the other end of the tube to the CPAP mask.



7. Press power button on top of the machine to start sleep therapy.

ResMed Humidifier Set Up Guide



1. Open the latch of the humidifier.



2. Fill the tub with distilled drinking water ONLY. Do not fill beyond the maximum mark indicated on the side of the tub.



3. Do not tilt the machine with the humidifier attached to prevent water damage to the machine.



4. Hold the grey button on the top of the humidifier, supported by four fingers on its base then it will pull away from the machine.

Common Comfort Settings

Humidity Level Settings

- To change the humidity of the air the machine gives, Go to “My Options” > Change the “Climate Control” to Manual > Scroll to “Humidity Levels” , enter and change. Default humidity level is 4

Ramp Time Settings

- Ramp time refers to how much time the machine will run in low pressure before the machine starts pushing higher levels of air pressure. This setting is a comfort setting to allow patients to fall asleep.
- Enter “My Options” > Enter “ Ramp Time” and adjust accordingly to how long the patients take to fall asleep.

Tube Temperature

- Enter “My Options” > “Tube Temperature” and adjust accordingly
- *Note: If this setting is changed, there can be some water found in the breathing tube due to condensation.

Mask Fitting Setting

- This feature that is found under “My Options” can help detect if there is high leakage coming from the mask.

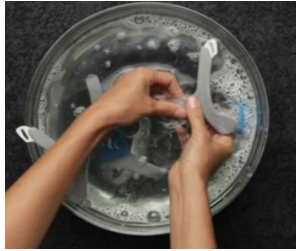
3 Caring for your CPAP

Caring for your CPAP (Continuous Positive Airway Pressure) mask and machine is essential to ensure its proper functioning, longevity, and your overall health and comfort. Here's how to care for them:

Mask Maintenance



1. Disassemble the mask, wash the parts with warm water (30°C/86°F) and mild detergent.



2. Rinse all parts with warm water (30°C/86°F) and air dry away from direct sunlight.



3. Assemble mask according to the instruction manual before use.

Maintaining your CPAP mask's cleanliness is crucial for a secure fit and effective seal. Clean the mask cushion and tubing daily, and the mask frame and headgear weekly.

Humidifier Care



1. Empty the humidifier daily to prevent mold and bacteria growth.



2. Wash humidifier weekly with mild detergent and dry with clean cloth.



3. Use distilled water ONLY to prevent mineral deposits.

Tubing Care



1. Disconnect the tubing from the CPAP machine and mask for weekly cleaning.



2. Wash the tubing with mild detergent and clean room temperature water. Then hang to air dry.

Device Care



1. Wipe the exterior of the CPAP machine with a damp cloth to remove dust and dirt.



2. Place the machine on a clean, flat surface with good ventilation to prevent overheating.



3. Check and replace the filters every 6 months. In places with poor air quality, replace them more often.



4. Do not move or tilt the device with water in the humidifier.

Travel and Storage



1. Remove water from humidifier.



2. Pack CPAP equipment carefully in a protective case or bag. Recommended to hand carry the device when traveling.

You may bring along the Travel Compliance Letter (TCL) to ease up on the immigration process.



Scan QR code to download
ResMed TCL document

Section 2:

LÖWENSTEIN
medical

1 What's in your box?

Löwenstein



CPAP Machine



Humidifier



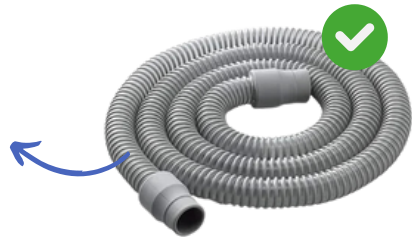
Filter



Protective carrying bag



Power cord & Adapter



Tubing

Machine Set Up Guide



1. Insert the cable into the back of your machine and switch on the power socket.



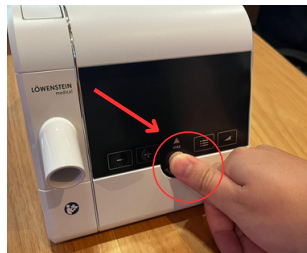
2. Connect the breathing tube to the machine.



2. Insert the larger end of the Anti Bacterial filter to the nozzle of the machine.



3. Firmly connect the other end of the tube to your CPAP mask.

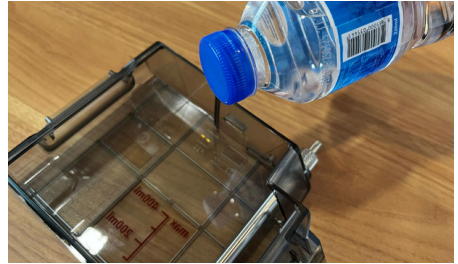


4. Press the power button to begin your sleep therapy.

Humidifier Set Up Guide



1a. To fill water into the humidifier, pull up the ledge at the back of the machine.

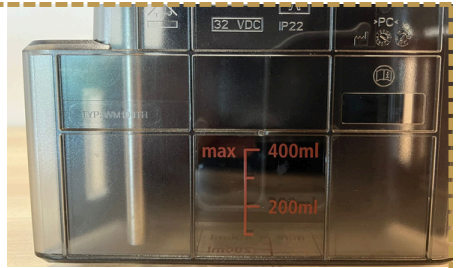


1b. Fill the tub with distilled drinking water ONLY. Do not fill past max mark.

ALTERNATIVELY



1a. Or, by tilting the humidifier and pouring distilled drinking water into the hole encircled above.



1b. There are markings below the tub for you to refer to. Do not fill past max mark.



2. Press the square button on the top of machine to remove side cover.



3. Attach the humidifier with the machine. Do not tilt to prevent water damage.

Common Comfort Settings

Humidity Level Settings

- To change the humidity level, you will see a water droplet at the lower left corner of the screen > use the “+” or “-” sign to adjust your humidity level > The default is at 3.

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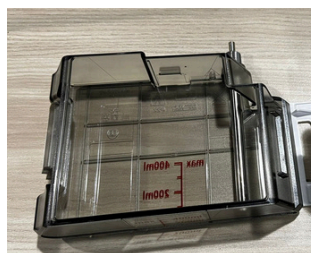
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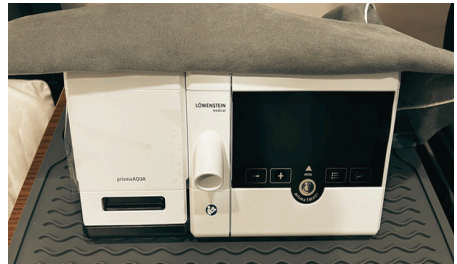


2. Wash the tubing with mild detergent and room temperature water. Then hang to air dry.

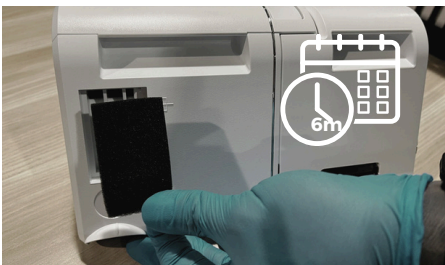
Device Care



1. Wipe the exterior of the CPAP machine with a damp cloth to remove dust and dirt.



2. Place the machine on a clean, flat surface with good ventilation to prevent overheating.

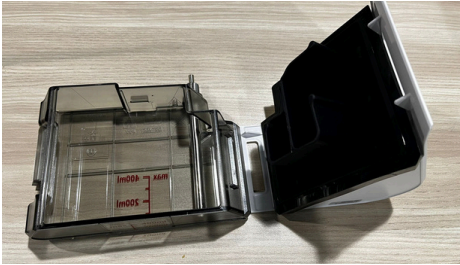


3. Check and replace the filters every 6 months. In places with poor air quality, replace them more often.

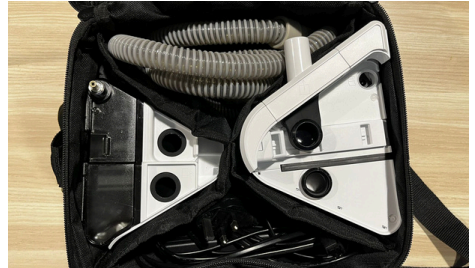


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Travel and Storage



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Scan QR code to download
Löwenstein TCL document

Section 3:

Let's explore the frequency of replacing your CPAP accessories to maintain its optimal function, understand TAS' Warranty Coverage, and track your CPAP care journey milestones!

- 5 Maintenance
- 6 Warranty
- 7 Your CPAP Care Journey

Checking on your CPAP equipment:

Follow the manufacturer guidelines for replacing various components, such as mask cushions, headgear, tubing, and filters, as they can wear out over time.

To properly maintain your CPAP & accessories you will need to perform regular checks every month and every 6 months.

Every month

Mask (incl. cushion, pillows, straps)

- Have the edges of your cushion or pillows become stiff or cracked?
- Has your cushion changed color?
- Are you experiencing discomfort, redness, or skin irritation?
- Is your mask straps still intact?

Machine air filters

- Does your filter show signs of wear such as discoloration, holes, or tears?

Every 6 months

Mask (incl. cushion, pillows, straps)

- Check for signs of wear and tear and recommended to replace to upkeep good hygiene standards.

Tubing (standard or heated)

- Has your tubing begun to change to opaque color?
- Has your tubing developed cracks or tears?

Humidifier water tub

- Has the water chamber become discolored or cloudy?
- Do you see cracked or dented areas?
- Has the metal component rusted or corroded?

Preventive Maintenance

Send your CPAP machine for **yearly** preventive maintenance to keep it in optimal condition. After the warranty ends, there will be a charge for each service.



Scan QR code to book for Preventive Maintenance

If an issue is found during preventive maintenance, we will contact you for approval on the repair and its cost before starting the work.

What's included in our PM service:

- ✓ Physical check for damages on device and power adaptors. (Mask and Hose not inclusive)
- ✓ Full servicing checks in-accordance to Service Software by manufacturers. (Lowenstein)
- ✓ Pressure reading reference from Service Manual for respective devices.
- ✓ Software / Firmware upgrade if applicable.
- ✓ Filter replacement.
- ✓ Printing of CPAP Report.

Follow these care guidelines to keep your CPAP and its accessories clean and functional, ensuring effective sleep apnea therapy. Always check your manufacturer's instructions for precise recommendations.

Embark on your CPAP Care Journey

Keep up a good hygiene and cleanliness routine and enjoy discounts along the way.

Schedule your first PM and enjoy a 10% discount on mask replacement!

Schedule your second PM and subscribe to our CPAP Preventive Maintenance Plan to get a FREE Cleaning Kit!

GOAL



Within the next 12 months...

FREE

Enjoy 10% off any CPAP accessories.

6 months later...



every month

6 months later...



Purchase a cleaning kit for your CPAP machine!

Check your filters, mask and tubing if it needs replacement.

START

About us

The Air Station (TAS) is a leading Sleep Health company committed to awakening a world of better sleep. By bridging the gap between scientific innovation and everyday sleep needs, TAS curate the best innovations to include a comprehensive range of sleep health solutions that cater to diverse sleep needs.

Beyond offering high-quality products, TAS is dedicated to educating and guiding both consumers and medical professionals towards better sleep health, making quality sleep accessible to all.



Sleep Experience Centre

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Singapore 319579

Operating hours:
Monday - Friday: 9am - 6pm
Saturday: 9am - 1pm
Sunday: Closed

Sleep Store

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10 Sinaran Drive, #01-54,
Singapore 307506

Operating hours:
Monday - Friday: 10am - 8pm
Saturday - Sunday: 10am - 6pm



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For any questions, scan to browse through our FAQ page:

