Replacing your supplies regularly
It is important for your comfort and health that you replace your supplies regularly. Depending on your insurance, you may be entitled to replace the following equipment per the replacement schedule below. Contact your insurance provider to verify your options.

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Replacement Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mask cushion or pillow</td>
<td>Every Month</td>
</tr>
<tr>
<td>Mask frame (excluding headgear)</td>
<td>Every 3 Months</td>
</tr>
<tr>
<td>Headgear</td>
<td>Every 6 Months</td>
</tr>
<tr>
<td>Device filters</td>
<td>Every Month</td>
</tr>
<tr>
<td>Tubing</td>
<td>Every 3 Months</td>
</tr>
<tr>
<td>Humidifier water tub</td>
<td>Every 6 Months</td>
</tr>
</tbody>
</table>

Register your product(s) at ResMed.com/register and join our sleep apnea community, Wake Up to Sleep.

ResMed.com

To experience the maximum benefits of therapy, combine ResMed S9 devices with our premium masks, accessories and H5i heated humidifier for complete comfort.

My CPAP Information

<table>
<thead>
<tr>
<th>Date of Setup</th>
<th>Practitioner Name</th>
<th>Practitioner Contact Info</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

Model Number

Device Serial Number

Humidifier Serial Number

Mask System

Mask Size

Notes

<table>
<thead>
<tr>
<th>Replacement Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

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My CPAP Starter Guide

Simple steps to using CPAP equipment

On your journey to healthy sleep, use this step-by-step guide as a quick reference to using and maintaining your equipment.
My CPAP Starter Guide

Setting up your ResMed S9™ system

1. On a flat surface, align the S9 device and the H5i humidifier. Push them together until they click.

2. Connect the plug of the power supply unit to the rear of the S9 device.

3. Connect the power cord to the power supply unit. Be sure to fully extend cord, and place power brick in a well-ventilated area away from sun or heat. Be sure to fully extend cord, and place power brick in a well-ventilated area away from sun or heat.

4. Plug the free end of the power cord into the wall outlet.

5. Connect one end of the air tubing firmly onto the S9 device’s air outlet.

6. If using ClimateLine™ tubing, remove black rubber cover on the back of the device, attach ClimateLine tube and turn until it clicks into place.

7. Connect the assembled mask system to the free end of the air tubing. Your device will be preset to the physician’s prescribed pressure.

Filling your H5i™ water tub

1. On a flat surface, align the H5i device to the free end of the device.

2. Slide the silver latch on the front of the device and lift open the flip lid. Remove the water tub.

3. Through the center hole, fill the water tub with room temperature (do not use hot or cold distilled water) up to the max water level mark (380 mL).

4. Filling water tub while still in humidifier may damage unit, voiding warranty. Overfilling the water tub may result in water splashing through the tubing.

5. Airflow may stop if there is a leak from your mask or tube. If this should happen, pull the mask away from your face and check for a secure fit. Make sure not to overtighten mask as this can increase leak. Note: SmartStart/Stop feature may not be available on all S9 devices.

6. Adjust your humidifier setting by first turning the dial, then press down on the dial to lock in the desired setting. The screen will change from orange to blue when your setting is locked in.

7. Once your comfort setting is locked in, this is your new default setting.

Operating your S9 Series system

Press the Start/Stop button to start and stop your treatment. After a few seconds, the menu will automatically open to your humidifier setting.

1. If SmartStart/Stop feature is enabled, simply breathe into the mask to start the airflow of air. Airflow will shut off after a few seconds when the mask is removed.

2. Through the center hole, fill the water tub with room temperature (do not use hot or cold distilled water) up to the max water level mark (380 mL).

3. Filling water tub while still in humidifier may damage unit, voiding warranty. Overfilling the water tub may result in water splashing through the tubing.

4. Airflow may stop if there is a leak from your mask or tube. If this should happen, pull the mask away from your face and check for a secure fit. Make sure not to overtighten mask as this can increase leak. Note: SmartStart/Stop feature may not be available on all S9 devices.

5. Adjust your humidifier setting by first turning the dial, then press down on the dial to lock in the desired setting. The screen will change from orange to blue when your setting is locked in.

6. Once your comfort setting is locked in, this is your new default setting.

Taking care of your ResMed equipment

1. Always use mild soap when cleaning equipment: plain liquid soap or baby shampoo is recommended.

2. Do not use solutions containing 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.

3. Do not leave any part of the system, tubing or mask in direct sunlight as it may deteriorate the product.

Daily

1. Wash your mask with warm, soapy water. Rinse well and allow to dry away from direct sunlight.

2. Wash the H5i water tub in warm water using a mild detergent. Rinse thoroughly in clean water and allow it to dry away from direct sunlight.

Weekly

1. Mask and headgear – Separate and hand wash mask components and headgear in warm water with mild soap. You can wash your headgear without taking it apart. Rinse components well and allow them to dry away from direct sunlight.

2. The dye used in the headgear may run during the first wash. Tubing – Remove the air tubing from the S9 device and the humidifier. Push them together until they click.

3. Adjust your humidifier setting by first turning the dial, then press down on the dial to lock in the desired setting. The screen will change from orange to blue when your setting is locked in.

4. Adjust your humidifier setting by first turning the dial, then press down on the dial to lock in the desired setting. The screen will change from orange to blue when your setting is locked in.

5. Once your comfort setting is locked in, this is your new default setting.

Important notes about CPAP treatment

Continue using treatment even if it seems awkward at first. It takes most patients 1 to 2 weeks to adjust to the air pressure. You should notice an immediate improvement once you start using the device. Do not stop your CPAP treatment without the approval of your physician. Always consult your physician if you experience:

1. Headache, middle ear or sinus discomfort, upper respiratory infection or chest pain

2. Significant weight gain or loss (your pressure may need to be adjusted)

3. An upcoming situation in which you cannot use the device for more than a few days

Overcome symptoms with settings

If you are experiencing any of the following symptoms, your S9 device may have a comfort feature that can help. Features may not be available on all devices.

Symptom Setting

Dry throat, sneezing Humidity

Congestion, runny nose Humidity

Can’t fall asleep with pressure too high Ramp

Slightly blunted feeling (from swallowing air) Ramp

Feeling of suffocation Ramp and/or EPR™

Unable to breathe out against pressure EPR

EPR may need to be set by your provider.

About comfort features

1. Humidity setting controls the amount of moisture delivered to your mask to help eliminate dryness and congestion.

2. Ramp setting gradually increases to your prescribed pressure over a period of up to 45 minutes, so you can fall asleep more comfortably.

3. EPR setting reduces the pressure slightly when you exhale, allowing you to exhale more comfortably. If you have any questions about changing settings on your device, please contact your device provider.