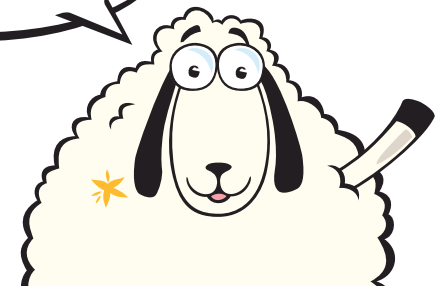


Your Apria Sleep Therapy

# Quick Start Guide ResMed AirSense™ 10



## Get Started

Reference your [Apria Sleep Therapy User Guide](#) or go to [Apria.com/kaisersleep](http://Apria.com/kaisersleep) for more details.

- 1** Open the box and unpack your PAP machine, humidifier chamber, tubing, mask, power cord and supplies.

See User Guide page 3



- 2** Attach the power cord to the PAP machine. Next, attach the tubing to the PAP machine.

See User Guide page 3



- 3** Fill the humidifier with distilled water and insert the humidifier into the PAP machine.

(It is recommended that you use distilled water. However, if you do not have distilled water on hand, in order to start your therapy today, bottled water can be used as a substitute to distilled water as a temporary measure.)

See User Guide page 3



- 4** Place the PAP machine on a table next to your bed.

(The height of the table should be lower than your head.)

See User Guide page 3

- 5** Plug the power cord into an electric wall outlet.

See User Guide page 3

- 6** **Fit your mask. If your doctor prescribed a specific mask and size, follow the fitting instructions provided by the manufacturer. If you received a mask with multiple cushions, follow these instructions:**

There is a mask cushion currently attached to the frame of your mask. This size fits most patients. Once you begin therapy, if your mask is leaking or feels uncomfortable, try removing the existing cushion and replacing it with a different size cushion. If you are between sizes, it is best to use the larger cushion. Use the Fitting Template (for nasal mask and full face mask) and/or the manufacturer's instructions included with your mask for help.

**See User Guide pages 4-7**



Nasal Mask

Nasal Pillow Mask

Full Face Mask

- 7** **Put on your mask.**  
**See User Guide pages 4-7**

- 8** **Attach the tubing to the PAP machine.**  
**See User Guide pages 8-9**

- 9** **Attach the tubing to your mask.**  
(If using prescribed oxygen, consult pages 9 and 10 in your **Apria Sleep Therapy User Guide**.)  
**See User Guide page 10**



- 10** **Lie down and take four deep breaths.**  
The machine should start automatically. If you do not hear the machine start, press the Start/Stop button. Relax and begin to take slow breaths through your nose.  
**See User Guide page 10**

- 11** **Check for air leaks.**  
Small leaks are acceptable. If large leaks occur, consult your **Apria Sleep Therapy User Guide**.  
**See User Guide pages 10-11**

- 12** **Your setup is complete. You are now ready to begin your PAP therapy!**  
**See User Guide page 12**

- 13** **Make sure to follow the cleaning and maintenance instructions provided and review the recommended supply replacement schedule.**  
**See User Guide pages 15-16**



If you have questions, our Kaiser Permanente Customer Service specialists can be reached at:

**888.452.4363**

**Monday Through Saturday 7 a.m. - 10 p.m. CT**