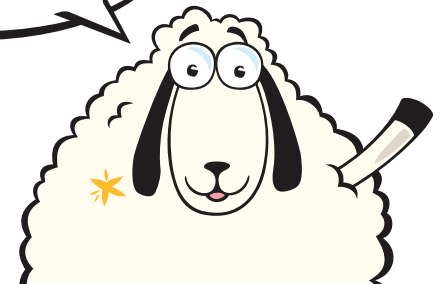




Your Apria Sleep Therapy

# Quick Start Guide ResMed AirSense™ 11



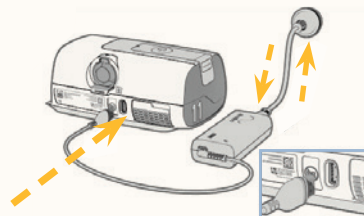
## Get Started

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

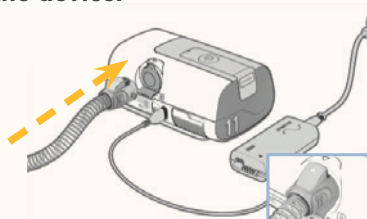
- 1** Place the device on a stable level surface.  
See User Guide page 2



- 2** Connect the power cord into the power inlet at the rear of the device.  
Connect one end of the power cord into the AC adaptor and the other end into the power outlet. Ensure the device is set up and connected to power to enable settings to be applied wirelessly to the device, if required.  
See User Guide page 2



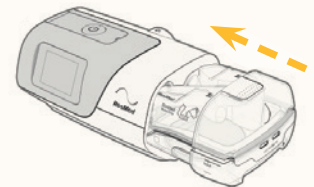
- 3** Connect the air tubing firmly to the outlet connector at the rear of the device.  
See User Guide page 2



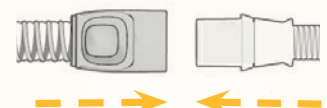
- 4** Open the humidifier tub and fill it with distilled water up to the maximum water level mark.  
The humidifier tub must be removed from the device before adding water. The humidifier tub has a maximum capacity of 380 mL.  
See User Guide page 2



- 5** Close the humidifier tub and insert it into the side of the device.  
See User Guide page 2



- 6** Connect the free end of the air tubing firmly onto the assembled mask.  
See User Guide page 2



- 7** **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 3-6**



**Nasal Mask**

**Nasal Pillow Mask**

**Full Face Mask**

- 8** **Put on your mask.**  
**See User Guide pages 3-6**

- 9** **Attach the tubing to the PAP machine.**  
**See User Guide pages 7-8**



- 10** **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 9**



- 11** **Lie down and take four deep breaths.**  
The machine should start automatically. If you do not hear the machine start, press the Start Therapy/Standby button. Relax and begin to take slow breaths through your nose.

**See User Guide page 9**

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

**See User Guide pages 9-10**

- 13** **Your setup is complete. You are now ready to begin your PAP therapy!**

**See User Guide page 11-13**

- 14** **Make sure to follow the cleaning and maintenance instructions provided and review the recommended supply replacement schedule.**

**See User Guide pages 14-15**



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

**888.452.4363**

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