



AirSense™ 10

AUTOSET

AUTOSET FOR HER

ELITE

CPAP



User guide
English

ENGLISH

Welcome

The AirSense™ 10 AutoSet™ and AirSense 10 AutoSet for Her are ResMed's premium auto-adjusting pressure devices. The AirSense 10 Elite and AirSense 10 CPAP are ResMed's Continuous Positive Airway Pressure (CPAP) devices.

WARNING

Read this entire guide before using the device.

CAUTION

In the US, Federal law restricts this device to sale by or on the order of a physician.

Indications for use

AirSense 10 AutoSet

The AirSense 10 AutoSet self-adjusting device is indicated for the treatment of obstructive sleep apnea (OSA) in patients weighing more than 66 lb (30 kg). It is intended for home and hospital use.

The humidifier is intended for single patient use in the home environment and re-use in a hospital/institutional environment.

AirSense 10 AutoSet for Her

The AirSense 10 AutoSet for Her self-adjusting device is indicated for the treatment of obstructive sleep apnea (OSA) in patients (female patients with mild to moderate OSA when using AutoSet for Her treatment mode) weighing more than 66 lb (30 kg). It is intended for home and hospital use.

The humidifier is intended for single patient use in the home environment and re-use in a hospital/institutional environment.

AirSense 10 Elite

The AirSense 10 Elite device is indicated for the treatment of obstructive sleep apnea (OSA) in patients weighing more than 66 lb (30 kg). It is intended for home and hospital use.

The humidifier is intended for single patient use in the home environment and re-use in a hospital/institutional environment.

AirSense 10 CPAP

The AirSense 10 CPAP device is indicated for the treatment of obstructive sleep apnea (OSA) in patients weighing more than 66 lb (30 kg). It is intended for home and hospital use.

The humidifier is intended for single patient use in the home environment and re-use in a hospital/institutional environment.

Contraindications

Positive airway pressure therapy may be contraindicated in some patients with the following pre-existing conditions:

- severe bullous lung disease
- pneumothorax
- pathologically low blood pressure
- dehydration
- cerebrospinal fluid leak, recent cranial surgery, or trauma.

Adverse effects

You should report unusual chest pain, severe headache, or increased breathlessness to your prescribing physician. An acute upper respiratory tract infection may require temporary discontinuation of treatment.

The following side effects may arise during the course of therapy with the device:

- drying of the nose, mouth, or throat
- nosebleed
- bloating
- ear or sinus discomfort
- eye irritation
- skin rashes.

At a glance

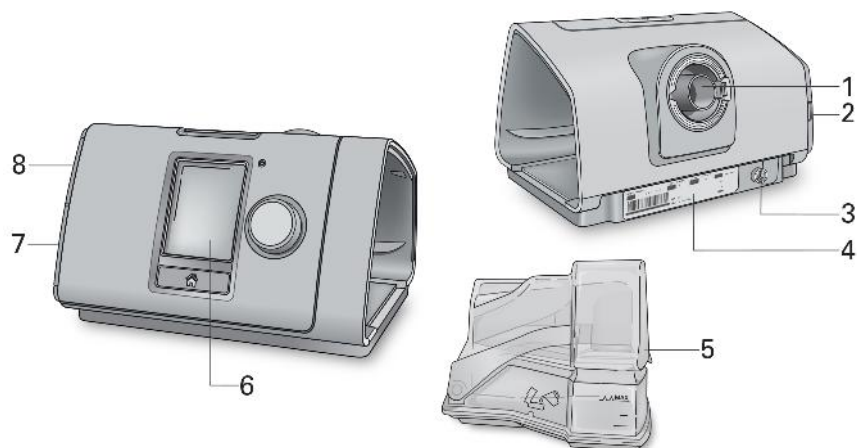
The AirSense 10 includes the following:

- Device with HumidAir™ integrated humidifier
- Water tub
- Air tubing
- Power supply unit
- Travel bag
- SD card (not available in all devices).

Contact your care provider for a range of accessories available for use with the device including:

- Air tubing (heated and non-heated): ClimateLineAir™, SlimLine™, ClimateLineAir Oxy, Standard
- Water tub: Standard water tub, cleanable water tub (can be disinfected)
- Side cover for use without the humidifier
- Filter: Hypoallergenic filter, standard filter
- Air10™ DC/DC converter
- SD card reader
- Air10 oximeter adapter
- Air10 USB adapter
- Power Station II
- Air10 tubing elbow.

About your device



- 1 Air outlet
- 2 Air filter cover
- 3 Power inlet
- 4 Serial number and device number

- 5 Water tub
- 6 Screen
- 7 Adapter cover
- 8 SD card cover

About the control panel



Start/Stop button

Press to start/stop therapy.
Press and hold for three seconds to enter power save mode.



Dial

Turn to navigate the menu and press to select an option.
Turn to adjust a selected option and press to save your change.



Home button

Press to return to the Home screen.

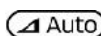
Different icons may be displayed on the screen at different times including:



Ramp Time



Wireless signal strength (green)



Ramp Time Auto



Wireless transfer not enabled (gray)



Humidity



No wireless connection



Humidifier warming

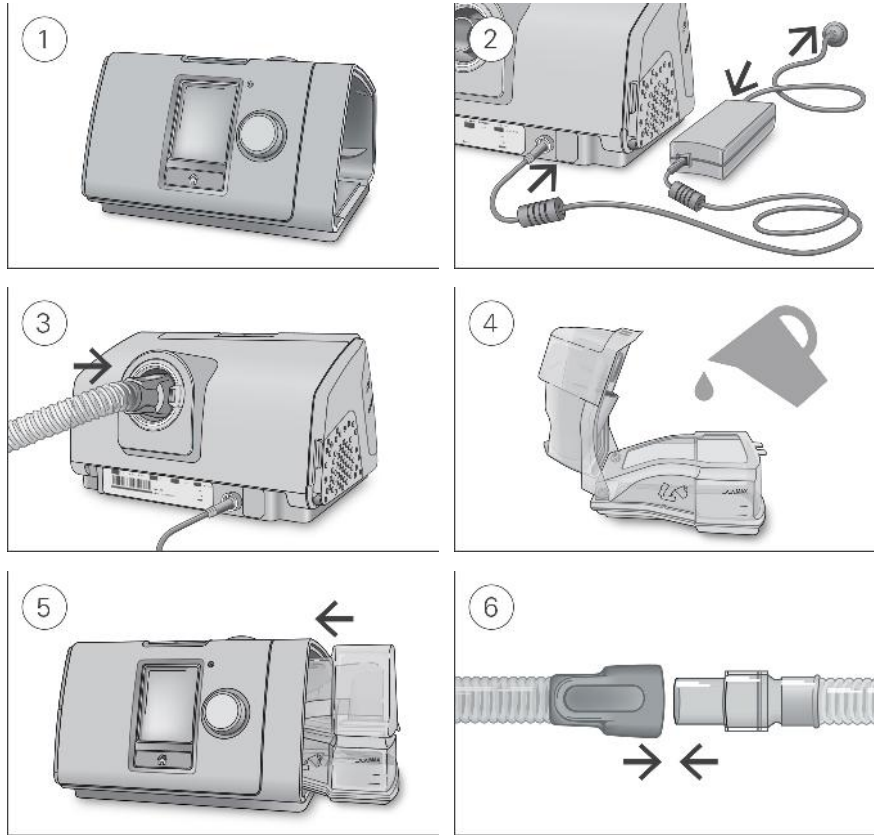


Airplane Mode



Humidifier cooling

Setup



CAUTION

Do not overfill the water tub as water may enter the device and air tubing.

1. Place the device on a stable level surface.
2. Plug the power connector into the rear of the device. Connect one end of the power cord into the power supply unit and the other end into the power outlet.
3. Connect the air tubing firmly to the air outlet located on the rear of the device.
4. Open the water tub and fill it with distilled water up to the maximum water level mark. Do not fill the water tub with hot water.
5. Close the water tub and insert it into the side of the device.
6. Connect the free end of the air tubing firmly onto the assembled mask. See the mask user guide for detailed information.

Recommended masks are available on www.resmed.com.

Starting therapy

1. Fit your mask.
2. Press Start/Stop or breathe normally if SmartStart™ is enabled.

You will know that therapy is on when the **Sleep Report** screen is displayed.



The current treatment pressure is shown in green.

During ramp time the pressure is gradually increasing and you will see a spinning circle. Once the prescribed treatment pressure is reached, the entire circle will be green.

The screen will go black automatically after a short period of time. You can press Home or the dial to turn it back on. If power is interrupted during therapy, the device will automatically restart therapy when power is restored.

The AirSense 10 device has a light sensor that adjusts the screen brightness based on the light in the room.

Stopping therapy

1. Remove your mask.
2. Press Start/Stop or if SmartStart is enabled, therapy will stop automatically after a few seconds.

The **Sleep Report** now gives you a summary of your therapy session.



Usage hours—Indicates the number of hours of therapy you received last session.

Mask Seal—Indicates how well your mask sealed:



Good mask seal.



Needs adjusting, see Mask Fit.

Humidifier—Indicates if your humidifier is working properly:



Humidifier working.



Humidifier might be faulty, contact your care provider.

If set by your care provider, you will also see:

Events per hour—Indicates the number of apneas and hypopneas experienced per hour.

More Info—Turn the dial to scroll down to view more detailed usage data.

Power save mode

Your AirSense 10 device records your therapy data. In order to allow it to transmit the data to your care provider, you should not unplug the device. However, you can put it into power save mode to save electricity.

To enter power save mode:

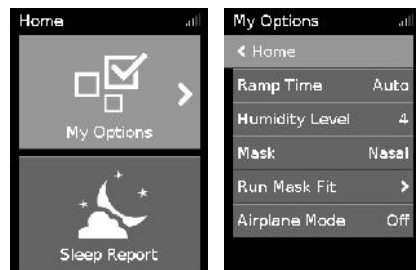
- Press and hold Start/Stop for three seconds.
The screen goes black.

To exit power save mode:

- Press Start/Stop once.
The Home screen is displayed.

My Options

Your AirSense 10 device has been set up for your needs by your care provider, but you may find you want to make small adjustments to make your therapy more comfortable.



Highlight **My Options** and press the dial to see your current settings. From here, you can personalize your options.

Ramp Time

Designed to make the beginning of therapy more comfortable, Ramp Time is the period during which the pressure increases from a low start pressure to the prescribed treatment pressure.

You can set your Ramp Time to Off, 5 to 45 minutes or Auto. When Ramp Time is set to **Auto**, the device will detect when you have fallen asleep and then automatically rise to the prescribed treatment pressure.



To adjust Ramp Time:

1. In **My Options**, turn the dial to highlight **Ramp Time** and then press the dial.
2. Turn the dial to adjust the ramp time to your preferred setting and press the dial to save the change.

Humidity Level

The humidifier moistens the air and is designed to make therapy more comfortable. If you are getting a dry nose or mouth, turn up the humidity. If you are getting any moisture in your mask, turn down the humidity.

You can set the Humidity Level to Off or between 1 and 8, where 1 is the lowest humidity setting and 8 is the highest humidity setting.



To adjust the Humidity Level:

1. In **My Options**, turn the dial to highlight **Humidity Level** and then press the dial.
2. Turn the dial to adjust the humidity level and press the dial to save the change.

If you continue to get a dry nose or mouth, or moisture in your mask, consider using ClimateLineAir heated air tubing. ClimateLineAir together with Climate Control delivers more comfortable therapy.

Mask Fit

Mask Fit is designed to help you assess and identify possible air leaks around your mask.



To check Mask Fit:

1. Fit the mask as described in the mask user guide.
2. In **My Options**, turn the dial to highlight **Run Mask Fit** and then press the dial.
The device starts blowing air.
3. Adjust the mask, mask cushion and headgear until you get a **Good** result.

To stop Mask Fit, press the dial or Start/Stop. If you are unable to get a good mask seal, talk to your care provider.

More options

There are some more options on your device which you can personalize.

Pressure Relief* When Pressure Relief is enabled, you may find it easier to breathe out. This can help you get used to therapy.

SmartStart* When SmartStart is enabled, therapy starts automatically when you breathe into your mask. When you remove your mask, it stops automatically after a few seconds.

*When enabled by your care provider.

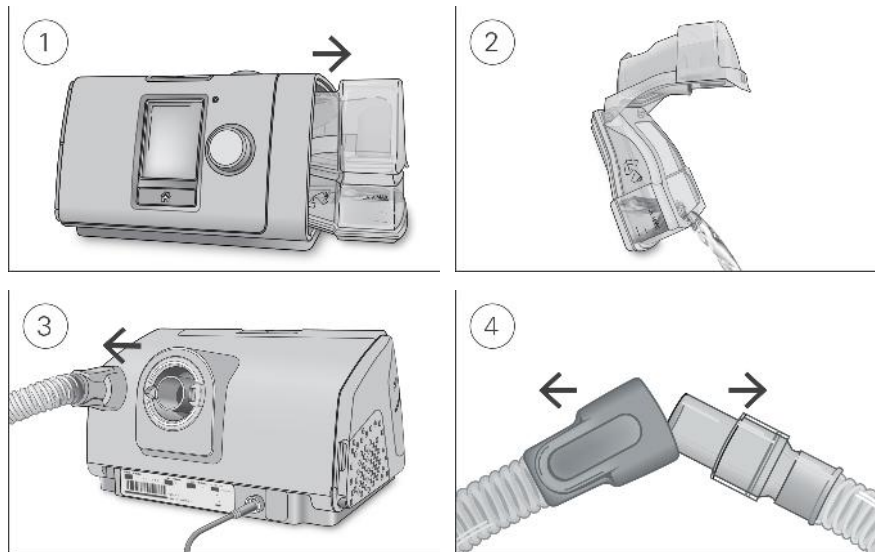
Caring for your device

It is important that you regularly clean your AirSense 10 device to make sure you receive optimal therapy. The following sections will help you with disassembling, cleaning, checking and reassembling your device.

WARNING

Regularly clean your tubing assembly, water tub and mask to receive optimal therapy and to prevent the growth of germs that can adversely affect your health.

Disassembling



1. Hold the water tub at the top and bottom, press it gently and pull it away from the device.
2. Open the water tub and discard any remaining water.
3. Hold the cuff of the air tubing and gently pull it away from the device.
4. Hold both the cuff of the air tubing and the swivel of the mask, then gently pull apart.

Cleaning

You should clean the device weekly as described. Refer to the mask user guide for detailed instructions on cleaning your mask.

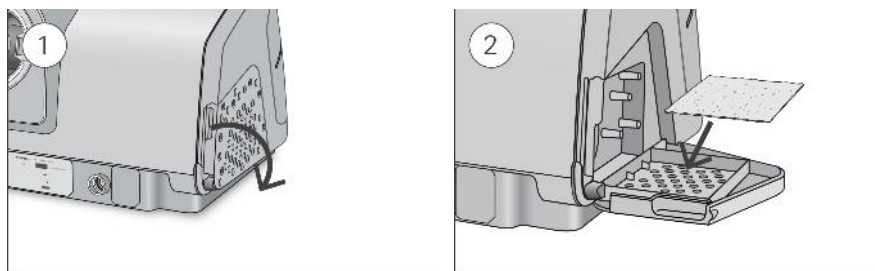
1. Wash the water tub and air tubing in warm water using mild detergent.
Do not wash in a dishwasher or washing machine.
2. Rinse the water tub and air tubing thoroughly and allow to dry out of direct sunlight and/or heat.
3. Wipe the exterior of the device with a dry cloth.

Checking

You should regularly check the water tub, air tubing and the air filter for any damage.

1. Check the water tub:
 - Replace it if it is leaking or has become cracked, cloudy or pitted.
 - Replace it if the seal is cracked or torn.
 - Remove any white powder deposits using a solution of one part household vinegar to 10 parts water.
2. Check the air tubing and replace it if there are any holes, tears or cracks.
3. Check the air filter and replace it at least every six months. Replace it more often if there are any holes or blockages by dirt or dust.

To replace the air filter:



1. Open the air filter cover and remove the old air filter.
The air filter is not washable or reusable.
2. Place a new air filter onto the air filter cover and then close it.
Make sure the air filter is fitted at all times to prevent water and dust from entering the device.

Reassembling


When the water tub and air tubing are dry, you can reassemble the parts.

1. Connect the air tubing firmly to the air outlet located on the rear of the device.
2. Open the water tub and fill it with distilled room temperature water up to the maximum water level mark.
3. Close the water tub and insert it into the side of the device.
4. Connect the free end of the air tubing firmly onto the assembled mask.

Therapy data

Your AirSense 10 device records your therapy data for you and your care provider so they can view and make changes to your therapy if required. The data is recorded and then transferred to your care provider wirelessly, if wireless network is available, or via an SD card.

Wireless

Your AirSense 10 device is equipped with cellular communication. This allows your therapy data to be wirelessly transmitted to your care provider to enhance the quality of your treatment. It also allows therapy settings to be updated in a more timely manner or your device software to be upgraded. The Wireless signal strength icon  displayed at the top right of your screen indicates the signal strength.