



ResMed



Replacing your CPAP
supplies for a better
night's sleep.

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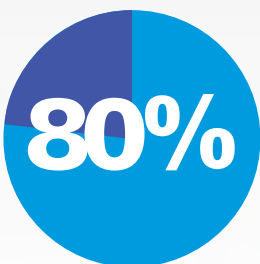
Understanding the risks

Patients who regularly replace their CPAP supplies not only sleep for more hours through the night, they also use their therapy more nights a week.



More than 50% of frequent resuppliers stated that they slept more than 7 hours a night.*

More than 80% of frequent resuppliers stated that they use their therapy 7 nights a week.*



*Survey conducted for ResMed by third-party market research firm (June 2013). Frequent resuppliers are defined as: those who receive replacement masks or parts for their mask at least every 3 months.



Sleep more. Do more.

The benefits of sleep apnea therapy can be rewarding and amazing. With nightly therapy, you can reclaim your life and rediscover the energy and interest to return to your hobbies.

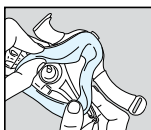
Getting the most out of your CPAP equipment

Many sleep apnea patients may not realize the importance of regular mask and supply replacement to ensure a comfortable, proper fit and maximum effectiveness. When your CPAP equipment is working optimally, you'll be able to tell the difference.



Use these guidelines to help you inspect, assess and replace your CPAP supplies

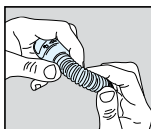
EVERY 1 MONTH



Mask cushions/pillows may deteriorate over time through regular wear and tear, which can compromise fit and lead to air leaks. If your cushions or pillows are worn out, you may experience discomfort, and your therapy may be less effective.

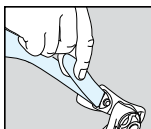
Machine filters wear out or may become clogged, no longer protecting you from airborne particles, dust, pet fur and bacteria.

EVERY 3 MONTHS



Tubing may develop small holes or tears, which may cause air leaks and jeopardize the delivery of your prescribed therapy setting.

EVERY 6 MONTHS



Headgear and chin straps may become stretched and lose their elasticity, leading to overtightening and discomfort. They can also trap bacteria from sweat and moisture.

Humidifier water chambers may become discolored, cracked, cloudy or even pitted due to the mineral levels found in most tap and drinking water.¹ As the material deteriorates, cracks may trap bacteria from moisture.

The steps to replacement are easy

Now is the time to build a lifetime relationship with your equipment supplier.

Designing a program that fits your lifestyle will help you get the most out of your treatment. Ask your supplier which of these services best fit your needs. Services may include:

- Personalized replacement plan
- Insurance forms filed on your behalf²
- Reminder programs to help you stay on track with your replacement schedule
- Convenient home delivery



You're not alone

1 in 15 adults has moderate to severe obstructive sleep apnea (OSA).³



25%

25% of middle-aged men suffer from OSA as well as 9% of middle-aged women.⁴



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Staying on track

Remember, untreated sleep apnea is life-threatening. To receive the full benefit of therapy, use your CPAP every night and try these tips to keep you on track:

- Learn how to fit, use and clean your CPAP machine and mask
- Start using CPAP three nights in a row every week if you're having trouble, adding one additional night until you're using it every night
- Increase your therapy by 30 minutes each night
- Practice using your CPAP machine and mask while watching TV or reading to get used to the air pressure
- Keep a journal of activities and issues to track your progress

Is it time to replace?

- Every month, inspect the filter in your machine and replace as needed
- Every month, check your mask cushion for cracks or discoloration
- Every three months, check your tubing for tears or change in color
- Every six months, check your water tub for cracks or discoloration

Visit ResMed.com/register to stay on track with your therapy

1 ResMed humidifier user manuals recommend distilled water for humidification chamber cleaning.

2 Deductibles, co-payments, co-insurance and other restrictions apply.

3 Young et al. *J Am Med Assoc* 2004

4 Marshall et al. *Sleep* 2008

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