

How to use an S10 CPAP machine to treat obstructive sleep apnoea

Respiratory Physiology Unit

Information for Patients

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Introduction

You have been given a continuous positive airway pressure (CPAP) machine called an S10. This is to treat your obstructive sleep apnoea. During your set-up appointment, you will have been shown how to use and care for your machine. This leaflet covers that information. You use this machine when you sleep.

Setting up the CPAP

1. The CPAP machine needs to be placed on a stable, level surface by your bed.
2. Connect the power cord into the back of the machine and plug into a socket.
3. Put your mask on and adjust as shown on your appointment.
4. Connect one end of the tubing to the back of the device. The other end of the tube needs to be firmly connected to the mask.

Starting and stopping the CPAP

1. Press the start/stop button on top of the CPAP to begin treatment, or you can breathe normally if the auto start/stop has been set up.
2. To stop the treatment, press the start/stop button on top of the CPAP and then take off the mask. If the auto start/stop has been set up, take off the mask and the CPAP should stop after a few seconds.
3. The display on the CPAP will tell you how many hours of therapy you had and an icon will show you how well your mask has sealed.
4. You can put the CPAP into power save mode by pressing the start/stop button for 3 seconds.

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To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Humidifier chamber

Not everyone needs a humidifier, but you may have been given one if you have very bad dryness of the mouth or throat.

If you have one, always stop the CPAP before taking off or fitting the humidifier.

To set up the humidifier:

1. Open the water chamber and fill it with either distilled water or cooled boiled water. The water must not go over the maximum water level mark.
2. Close the water chamber and insert into the side of the CPAP. The right side panel of the CPAP machine needs to be taken out before fitting the water chamber.
3. You can change the humidity level by choosing 'options' then 'humidity level' on your CPAP machine. Raise the humidity level if you are still having dryness. If moisture starts to build up in the mask then turn it down.



Please note: Once filled with water the CPAP **should not** be moved as water may splash into the motor. This will cause the CPAP to stop working.

How to clean the humidifier

Always take out the chamber and empty out any unused water after each use.

At least once a week, open the humidifier and clean both parts using a mild detergent.

If you see any lime scale in the humidifier, you can dissolve it by soaking the chamber in lemon juice and water for 30 minutes. Do **not** use any other descaling products.

My options

Your CPAP device has already been set up by your physiologist for your needs, however there are some settings you can change to make it more comfortable. You will need to highlight and press 'my options' with the dial.

- **Ramp time:** this setting allows the gradual rise in pressure over the set time to the prescribed pressure. This can be very useful in those who have their CPAP fixed at one pressure. When 'auto' is selected for this setting, the pressure will rise to the prescribed treatment pressure when it detects that you have fallen asleep.
- **Run Mask fit:** doing a mask fit can help you find out if there is a lot of air leaking from your mask. To check your mask fit, put the mask on like you have been shown. Select 'run mask fit' with the dial. Adjust the mask and straps until you get a green smiling face on the display.

myAir app

Some S10 CPAP's send data to an app. This lets you check your progress. To set this up you will need a smart phone and to download the 'myAir' app. Or you can register online by searching: <https://myair.resmed.eu>. You will be able to see data such as:

- how many hours you had the therapy for,
- how well the mask sealed and
- if the CPAP device is treating your obstructive sleep apnoea.

Checking the filter

There is a filter under a plastic cover on the left hand side of the CPAP. This traps dust particles and should be checked once a month.

If you can see any dust particles you can take out the filter, tap to release the dust, then put it back. The filter will be changed if needed on your next appointment. Please contact the department if you feel you need any more filters.

Contact details

If you have any problems or concerns please contact the Respiratory Physiology Unit:

For Respiratory Physiology appointment enquiries - 0116 258 3420

For equipment or mask enquiries - 0116 258 3419

For any non-urgent CPAP queries - email: RPUsupport@uhl-tr.nhs.uk

During the night, a message can be left on the answer machine on 0116 258 3419 and we will get back to you as soon as possible on the next working day.

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على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
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