



**ResMed**

## Sleep therapy setup and education checklist

Patient's name: \_\_\_\_\_ Clinician: \_\_\_\_\_

Patient ID#: \_\_\_\_\_ Setup date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Patient's phone number: \_\_\_\_\_ Patient's email address: \_\_\_\_\_

### Welcome / Install myAir

- ☐ Introductions
- ☐ Install myAir app (if not already installed)

### Patient's story

- ☐ What led you to be here today?
- ☐ How have you been feeling? Symptoms?
- ☐ What are your goals?

### Today's appointment goals

- ☐ First and Foremost - Improve your health by helping you get restful, restorative sleep by:
  - ☐ Ensuring you have a clear understanding of OSA
  - ☐ Teaching you how the machine works and how it treats the issue
  - ☐ Ensuring you understand what you can expect with treatment (what's normal / what's not)
  - ☐ Explaining what is required of you

### Our company and services

- ☐ Who we are/what we do
- ☐ How we work with your physician

### General education

- ☐ Overview of sleep apnea and AHI
- ☐ How CPAP helps
- ☐ Review pressure on Rx – verify settings

### Machine selection and setup

- ☐ Care Check-in (AirSense11 only)
- ☐ Connect myAir and machine
  - ☐ AirSense 11 – Use Bluetooth
  - ☐ AirSense 10 – type serial/DN in myAir

### Mask selection and setup

- ☐ Review Rx/sleep study mask (if applicable)
- ☐ Review mask types – nasal, nasal pillows, full face
- ☐ Mask selection questions:
  - ☐ Mouth/nose-breather (at night specifically)
  - ☐ Sleeping position
  - ☐ Allergies
  - ☐ Facial hair
  - ☐ Silicone sensitivities
  - ☐ Deviated septum

### Machine overview

- ☐ Putting all the components together
  - ☐ Air tubing, water tub, filters and power supply
- ☐ Warranty
- ☐ myAir coaching and user guide

### Mask overview and fitting

- ☐ Review mask components
- ☐ Select proper cushion size – Use sizing gauge
- ☐ Fit mask to patient / Define proper fit

*Recommended mask:*

Mask: \_\_\_\_\_ Size: \_\_\_\_\_

### Test drive (patient activity)

- ☐ AirSense 11 - Run myAir Test Drive or
- ☐ AirSense 10 – Run Mask Fit on machine

### Adjusting to therapy

- ☐ Tips for the first few nights
- ☐ Review machine comfort settings
  - ☐ Ramp
  - ☐ Pressure Relief (AirSense 11 only)
  - ☐ Humidity

### Maintenance and care (See next page for more info)

- ☐ Importance of cleaning components regularly
- ☐ Review recommended replacement frequencies
- ☐ How we help you manage your resupply needs (ex. Resupply program)

### Therapy compliance

- ☐ Review compliance overview and timeline of compliance check-ins

### Follow-up and administrative

- ☐ Establish follow-up has been scheduled with doctor
- ☐ How and when to contact us

Patient's name: \_\_\_\_\_

Patient's signature: \_\_\_\_\_ Signature date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Clinician's name: \_\_\_\_\_

Clinician's signature: \_\_\_\_\_ Signature date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Both patient and clinician to obtain a copy of checklist.

# Cleaning and replacement schedules

Cleaning the mask and machine and replacing parts are important in order to reduce levels of bacteria and mold that generate on various components. Failure to do so could cause therapy to become less comfortable and less effective over time.

## Mask system

Component	Cleaning schedule*	Average replacement schedule**
Nasal/pillow cushion	Daily	Every 14 days
Full face cushion	Daily	Every 30 days
Mask frame, elbow and short tube	Weekly	Every 3 months
Mask headgear	Weekly	Every 6 months

\*See your mask’s user guide for more information  
\*\*Replacement schedules may differ by insurance provider and are typically related to wear and tear.

## Machine components

Component	Cleaning schedule*	Average replacement schedule**
Air filter	N/A	Every month
Tubing	Weekly	Every 3 months
Humidifier water tub	Weekly (emptied daily)	Every 6 months
Machine	As needed, wipe with damp cloth	Every 5 years

\*See your machine’s user guide for more information  
\*\* Replacement schedules may differ by insurance provider and are typically related to wear and tear.

### Cleaning tips

- Use myAir or a calendar for cleaning reminders
- Add cleaning to your daily wake-up routine
  - Empty humidifier water tub
  - Wipe down mask
  - Check calendar to see if cleaning is required
- Clean components on a certain day of the week (for example: Sundays)
- Set up a specific organized area for cleaning components
- When cleaning, use warm water with mild detergent; do not use anti-bacterial soap.

Note: Each mask may have different cleaning requirements. Reference myAir or the user guide for specific instructions.

### Component replacement tips

What to look for:

- You have to tighten the straps often
- The mask has lost its spring
- Your therapy feels less effective than usual
- The cushion is still slippery and/or looks discolored, even after being cleaned
- The silicone or memory foam has shown signs of deterioration

Insurance considerations (if applicable):

- Before ordering any supplies or replacements, we recommend contacting your insurance provider to make sure the parts you need are covered by your plan.