



Queen Victoria Hospital
NHS Foundation Trust

Airsense 10 CPAP Machine Home Guide



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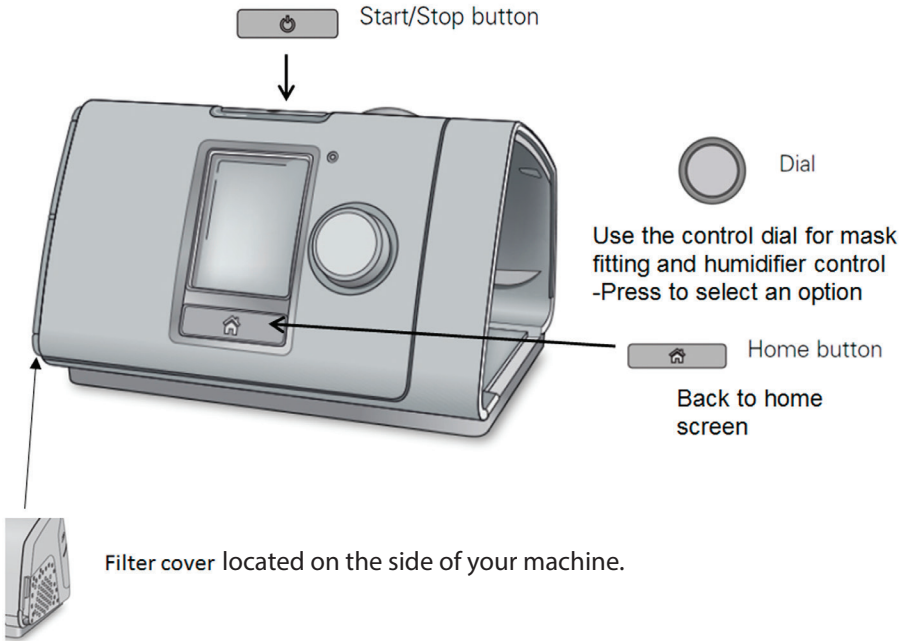
If you have a problem with your machine, please contact the Sleep Disorder Centre

Tel: 01342 305420 – **unattended number, please leave a message**

Option 1. Technical enquiries and spare parts

Option 2. Appointment co-ordinators

This leaflet gives you a brief overview of how to look after your CPAP machine. Please ensure that you read and follow instructions carefully.



The CPAP machine should be kept on a level surface on the floor beside the bed and its surfaces cleaned on a weekly basis. Refer to the manufacturer's mask guide for detailed instructions on how to clean your mask. The machine must not be transported with water in the water chamber/humidifier chamber under any circumstances.

Daily maintenance

Mask:

- Remove the soft silicone cushion and wash in warm soapy water, using a mild detergent such as un-fragranced, mild washing up liquid. If your mask has a grey foam insert, **do not wash it**. Once dry, fit the cushion back into the frame. This is very important in order for the mask to fit properly.
- Please note using wipes to clean your cushion will leave a film that may affect your mask fit.

Water chamber/humidifier chamber:

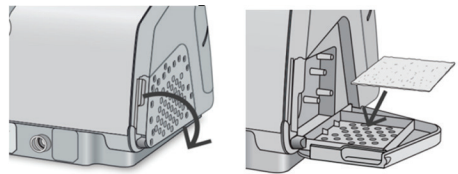
- The water chamber/humidifier chamber should be filled to just under the MAX line every night with cooled boiled or distilled water.
- The water chamber/humidifier chamber should be emptied every morning.

Weekly maintenance

- Take the mask apart completely and wash in warm soapy water, using an un-fragranced, mild washing up liquid. Dry and put the mask back together. If your mask has a grey foam insert do not wash it. Dry and replace the silicone cushion on the frame.
- The head straps on your mask may be hand washed.
- The water chamber and air tubing should be washed in warm soapy water weekly, using an un-fragranced, mild washing up liquid and left to dry.
- The filter on the side of your machine needs to be replaced approximately every three to six months.
- You may find you need to clean your water chamber/humidifier chamber with a solution of white vinegar and warm water if sediment or lime scale has collected in it. This can be done on a weekly basis.

Replace air filter

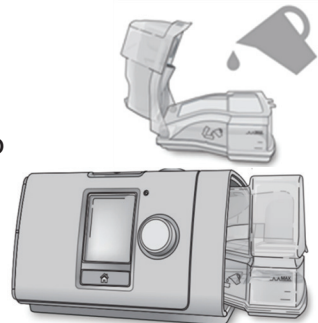
Open the air filter cover and replace with a new one, please DO NOT wash them, contact us for replacements.



Water chamber / Humidifier

Fill the water chamber/ humidifier chamber with pre-boiled water that has been cooled to room temperature

Insert the water chamber/humidifier chamber into the side of the machine do not tip the machine onto its side



Inserting the Climate Line Air tube

Line the chip with the rectangular port. Push the cuff until the connector clicks into place. ClimateLineAir connected will briefly display on the device screen.



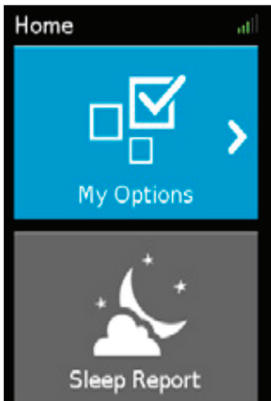
Can I adjust my CPAP machine?

Most of the settings are locked. However, you can change the ramp time, tube temperature and the heated plate temperature on the humidifier.

Ramp time: This allows you to delay the machine from increasing the pressure for a fixed number of minutes. This will give you time to fall asleep before it reaches the highest pressure. Most people can fall asleep within 20 minutes of lying down.

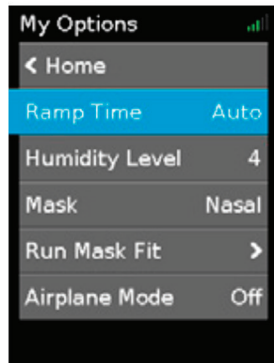
Humidification: This moistens the air that you breathe and helps reduce how dry your mouth and/or throat becomes overnight. It also helps reduce stomach bloating. It heats up a chamber of water and the water evaporates into the air that you will breathe.

Step 1 Press the dial to enter My Options



To adjust ramp time:

Step 2 Turn the dial to Select Ramp Time

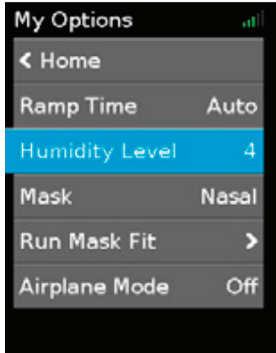


Step 3 Use dial to select and turn to desired time, press to change



To adjust humidity:

Step 2 Turn the dial to select humidity level



Step 3 Use dial to select and turn to desired level, press to lock in the new setting



Troubleshooting

Problem	Tips
My new mask is uncomfortable; I'm worried I won't be able to use it	You need to get used to the mask. Try wearing the mask when you are awake as well as asleep so you start getting used to it being on your face. Please be aware that the masks are costly, and we will usually only issue one per year.
The mask is irritating my skin	<p>Readjust the headgear straps. The mask should be comfortable on your face while still creating a seal.</p> <p>Please call us if you continue to struggle with the mask fit.</p> <p>Check the mask for cracks. If you find any cracks, please call the Sleep Disorder Centre for a replacement.</p> <p>Wash your face nightly before putting the mask on and ensure it is dry — skin oil or cosmetics can interfere with the seal.</p> <p>Follow the daily mask cleaning instructions in this guide.</p>
My throat gets dry, or I get a stuffy or runny nose or nosebleeds	<p>Adjust the heated humidifier settings in 'my options' menu.</p> <p>Try a saline nose spray at bedtime and when you wake up.</p> <p>Ask your doctor about prescribing a suitable nasal steroid spray.</p> <p>Try an oral antihistamine.</p> <p>This problem may go away naturally over time.</p>

<p>My eyes get sore, dry, red, or swollen</p>	<p>Air might be leaking from your mask into your eyes, or your mask might be too tight. Try adjusting your headgear straps. Make sure the mask has a good seal with your face, without being too tight.</p> <p>Wash your face nightly before putting the mask on and ensure it is dry — skin oil or cosmetics can interfere with the seal.</p> <p>Check the mask for stiffness or cracks. If you find any cracks, please call the Sleep Disorder Centre for a replacement.</p>
<p>I'm swallowing air and my stomach is bloated</p>	<p>Try enabling the ramp pressure feature.</p> <p>Try sleeping on your left side.</p> <p>This problem may go away naturally over time. If not, please talk to us.</p>
<p>My bed partner doesn't like the equipment</p>	<p>Give your bed partner materials that explain sleep apnoea and CPAP.</p> <p>Ask your bed partner to be patient. As you begin to use CPAP regularly, changes will be gradual and may take some time to get used to.</p>
<p>My mask is leaking in the middle of the night</p>	<p>When fitting the mask, use the mask-fit function in My Options, this will increase the level of pressure during the fit to ensure that the mask is well fitted for the increasing pressures during the night.</p>
<p>What will happen if I do not use the machine</p>	<p>The occasional night off CPAP will unlikely have an adverse long-term, but your sleep will revert to your pre-CPAP symptoms.</p>

Can I travel with my CPAP machine?

Your CPAP machine has dual voltage, so you can take it abroad with you. You just need to use an adapter plug for the power socket in the wall.

You should normally have no problems taking the CPAP machine on an aeroplane but if you would like a letter from us for the airline, please contact the office at least two weeks before you plan to fly. For further information please use the website link below.

<https://www.resmed.co.uk/patient/get-support/living-with-sleep-apnoea/travelling-with-cpap/>

Please be aware other machines are available.

This leaflet has been produced with the permission of Resmed

Please ask if you
would like this leaflet
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