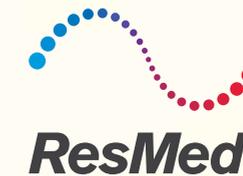


AirFit™ P10

A quieter mask to fit your sleep



Get the best from your CPAP equipment.

THE SUPPORT YOU'VE BEEN LOOKING FOR

Contour CPAP Pillow



Pillow talk:

- Minimises facial pressure, mask shifting and leaks
- Improves comfort, quality of sleep and compliance
- Enhances head, neck and airway alignment
- Allows greater freedom of movement
- Two year warranty

Go to <http://shop.realsleep.co.uk> to select and purchase the correct pillow for you or call 0800 9177071.



AirFit™ N10

Effortless performance

A dynamic range of masks that has been designed with the understanding that there is no one size fits all. There is just the right fit for you.



AirFit™ F10

Full face benefits, compact size

Find out more at AirFitmask.co.uk

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Did you know?

- Mask cushions and pillows can deteriorate, affecting comfort and performance?
- Headgear and chin straps can lose their stretch, leading to over-tightening and discomfort?
- Equipment can trap bacteria from sweat and moisture if not cleaned regularly?
- Device filters can become clogged and stop protecting you from dust, pet fur and bacteria, as well as damaging the CPAP's motor?
- Tubing can get damaged, leading to leaks which can interfere in your pressure and cause an increase in noise?
- Humidifier water chambers can trap bacteria as the material ages or is not properly cleaned?

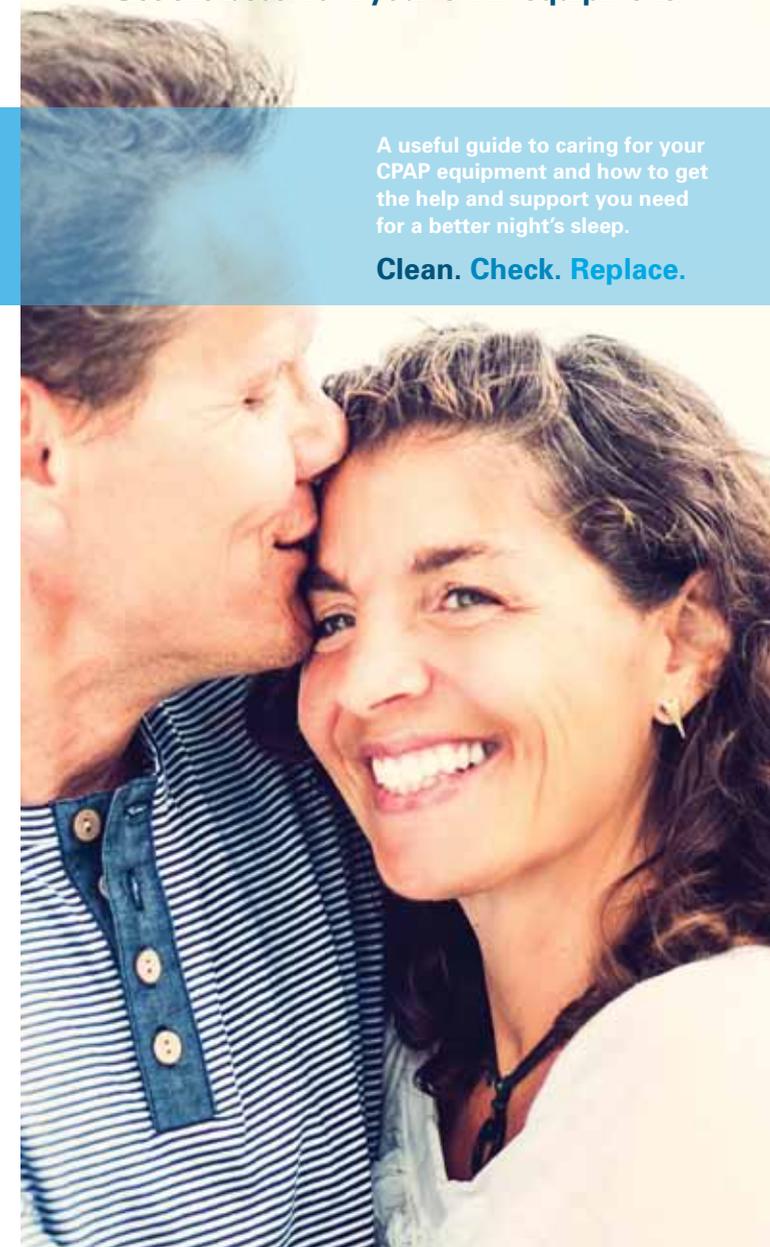
Proper care and maintenance will ensure your CPAP or NIV equipment lasts longer, performs at its best and is as comfortable as possible.

We're here to help.
Call our advice line on 0800 9177071

You can reach RealSleep by:
Online: www.RealSleep.co.uk
Telephone: 0800 9177071
Email: info@realsleep.co.uk

A useful guide to caring for your CPAP equipment and how to get the help and support you need for a better night's sleep.

Clean. Check. Replace.



Clean. Check. Replace.

Cleaning your equipment will not only make your CPAP/NIV therapy more comfortable and effective, but ensure your mask and device last longer.

Daily

Mask cushion and frame - Ideally hand wash using a little washing up liquid and warm water. You should do this thoroughly every morning after use. Then rinse and air dry.

Weekly

Mask and headgear - Disassemble and hand wash all of the parts separately.

Humidifier tub (if used) - Remove tub and clean as above.

Tubing - Clean as above and hang from a hook to air dry.

Monthly

Device and humidifier - Wipe the outside with a damp cloth using warm soapy water. Clean lime scale deposits by using a solution of 1 part household vinegar to 10 parts water. Soak for about ten minutes then rinse thoroughly.

Every 4-6 months

Device filters - check for dust or discolouration and replace if necessary.

Important: Damage to your mask may result in compromised performance and skin irritation.

The following can help reduce wear and tear:

- Don't wash your mask in the dishwasher
- Don't iron your headgear
- Don't use cleaning materials other than stated above
- Don't dry your mask or components in direct sunlight
- Don't flick or wash your device filter

Now you've cleaned your equipment it's a good time to inspect it. Use this checklist:

Mask cushions and pillows

- Are they stiff, cracked, or opaque in colour?
- Are you experiencing discomfort, redness or skin irritation?

Headgear

- Is it stretched?
- Do you find you are over-tightening to avoid leaks?

Humidifier water chambers

- Has the water chamber become discoloured or cloudy?
- Can you see cracks or pitted areas appearing on the tub?

Tubing (standard or heated)

- Has your tubing become opaque in colour, or started to develop tears?

Device filters

- Does your filter show signs of wear, discolouration or blockage?

If the answer is YES to any of these questions you may need replacements. The ResMed RealSleep team can help.

No matter how well you've looked after and cleaned your mask and device, at some point, something will need replacing. So, how can you get new parts?

Through your hospital or healthcare provider

Your hospital will want you to have the best possible therapy. If you know some of your equipment needs replacing, they will be able to advise you on the best way forward.

Through RealSleep

You can buy replacements for your ResMed products online at <http://shop.realsleep.co.uk>, or calling Freephone 0800 9177071.

The RealSleep advantage

ResMed's RealSleep program is designed to help you get the most from your treatment.

As a RealSleep member you need never feel alone and our customer support line gives sound advice and friendly encouragement.

- RealSleep is **FREE** to join
- Discounts on all ResMed products, spare parts and consumables*
- Friendly advice from our free telephone support line
- 50% extended warranty on ResMed products**
- Take advantage of special offers
- A dedicated website with expert advice and helpful tips
- Newsletters packed with interesting articles on sleep issues
- Priority selection to trial new products

Membership is absolutely FREE

Join today and get 15% off your next purchase*.

Post the adjacent form or register online at www.realsleep.co.uk.

To redeem your 15% off at the online check-out quote the code MOT15.

* 15% off first purchase only, thereafter the standard membership discount of 5% will apply. Cannot be used in conjunction with any other offer, excludes service, consultation and carriage charges. If code is not entered at check out, we are unable to refund any applicable discount after the order has been placed.

** Extended warranty only valid within the UK. Applies to devices and humidifiers only.

*** By completing and returning this membership application, you will become a member of RealSleep. RealSleep is a customer care program with a purpose to assist ResMed customers in improving their health and wellbeing through the use of ResMed sleep products and services. ResMed will keep your personal information confidential. This information will be used to improve ResMed products and services, to mail you information about products and services and to contact you over the telephone or via the Internet.

Join the RealSleep Patient Programme today.

Ensure you get the most from your treatment, become a RealSleep member today! It's **free to join** and you will have peace of mind that support and advice is always on hand. Join online at www.realsleep.co.uk or please fill in this form.

Title: Date of birth:

First name:

Last name:

House number:

Street:

City/Town:

County: Postcode:

Email:

Mobile:

Home phone number:

Occupation:

Have you been diagnosed with OSA?

How many nights per week do you currently use your CPAP equipment?

If applicable, your current OR preferred mask?

If applicable, your current OR preferred device?

Is your equipment usually supplied by your NHS Sleep Centre?

Do you purchase your own equipment?

**Please send in a standard-sized envelope:
Freepost Plus RTGT-TTEA-ECBE. ResMed UK Ltd.
96 Jubilee Avenue, Milton Park, Abingdon, Oxon OX14 4RW**

I don't wish to receive product offers, new product alerts or other communications from RealSleep (tick to opt out)***

Your personal information will be kept by ResMed in accordance with its Privacy Policy, which can be provided on request or viewed at www.realsleep.co.uk. To this end we fully endorse and adhere to the Principles of Data Protection, as enumerated in the Data Protection Act 1998.