

My OSA Treatment Companion

Designed by
Fisher & Paykel Healthcare
to guide you through your
Obstructive Sleep Apnea (OSA)
and CPAP therapy journey.

These products may not be right for you. Read the warnings and instructions for use before purchase.

Prescription only. Use only as directed. Always follow the instructions for use. Your healthcare provider will advise you whether this product is suitable for you/your condition. If symptoms persist, talk to your healthcare provider.

For use in Australia only.

Sleep is
a human
need.

If you can't sleep properly, it can have a huge impact on your life and the lives of your loved ones. Knowing that drives us to keep pushing the boundaries of our technology and designs to make the best OSA masks we can, for you. It's what inspires us to make sure you get what you need to start your OSA journey right.

Rest. Assured.

A photograph of a middle-aged man with short, wavy brown hair, smiling warmly. He is wearing a light blue and white checkered button-down shirt. His hands are clasped together in front of him. The background is a soft, out-of-focus light blue.

My OSA Treatment Companion

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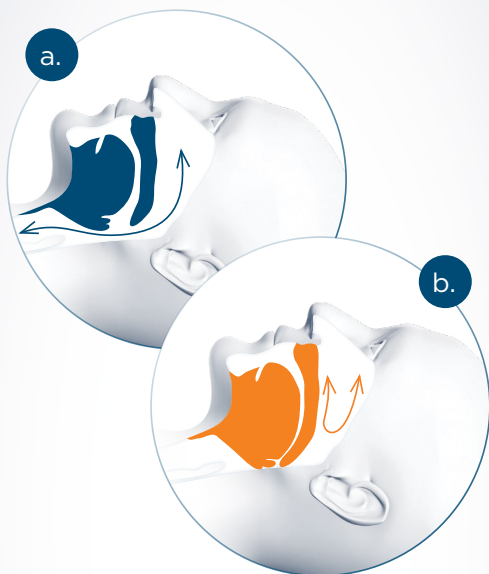
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1. What is OSA?



Obstructive Sleep Apnea (OSA) is one of the most common sleep disorders.¹

a. Usually when you sleep, the muscles in your throat hold your airway open. This allows air to flow freely from your nose and mouth to and from your lungs.²

b. In some cases, these muscles relax too much during sleep, blocking (or obstructing) the airway. This means that air can't get to or from the lungs. The body then realizes it isn't getting enough oxygen and wakes you up. This may happen hundreds of times during sleep, even though you may not be aware of it. This breaks up your sleep and can make you feel very tired and affect your overall health.²

1. What is OSA?

The condition is called **Obstructive Sleep Apnea**, and affects up to **9% of the population**.¹ It can have serious implications on your health, your family, and your day-to-day activities including your ability to work.



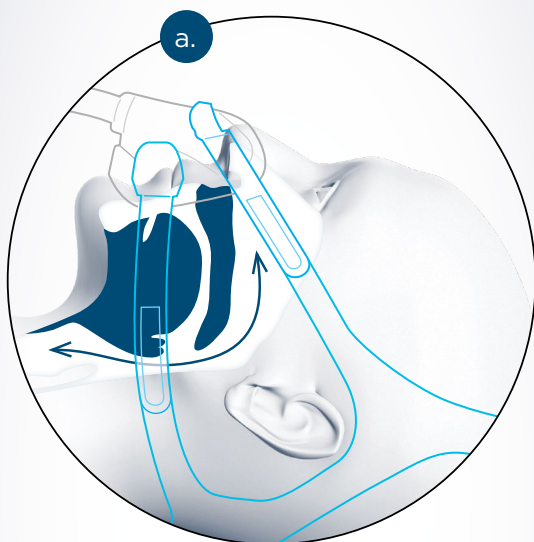
Common signs and symptoms of OSA:³

- Loud snoring
- Daytime sleepiness
- Breathing pauses during sleep
- Morning headaches
- Lack of concentration and energy

OSA can be associated with health problems like high blood pressure and stroke, and when left untreated can lead to heart disease.²

OSA can also affect your brain activity and mood. Daytime sleepiness often has an impact on your ability to concentrate, making activities such as driving or operating machinery more dangerous.³

2. What is CPAP therapy?



CPAP stands for continuous positive airway pressure. It is currently the most commonly used and most effective treatment for OSA.³ The American Academy of Sleep Medicine (AASM) refers to CPAP therapy as the treatment of choice and recommends CPAP therapy be offered as an option for all people with OSA.³

a. During therapy, the CPAP device takes room air in, and blows it out at a pressure set for your particular needs. Your pressure level is a prescription determined by your doctor. The constant air pressure keeps your airway open and obstruction free. This allows you to breathe uninterrupted while you are asleep.



The air from the device (a.) is delivered through a tube and CPAP mask (b.).

CPAP is a treatment, not a cure. To experience relief from your OSA symptoms, the CPAP mask must be worn every time you sleep.

Take time to get to know your CPAP equipment in the beginning. Ask your doctor or healthcare provider questions so you familiarize yourself with all of the parts and get comfortable with how these work.

3. Choosing the right mask and CPAP equipment

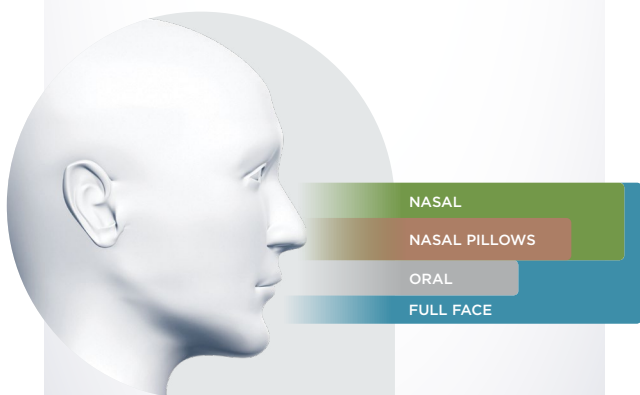
Your mask is one of the most important components of CPAP therapy because of your close interaction with it.

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There are several different styles of mask, so you will need one that is best suited to your breathing and sleeping style.

Consider the following when being fitted for a mask:

- Do I breathe through my nose and/or mouth while sleeping?
- Are the inside of my nostrils very sensitive?
- Will I feel claustrophobic if I have something covering or on my face?
- Is the mask easy to clean and assemble?



Nasal Pillows Mask

Might be right for you if you	Feel claustrophobic
	Want a clear line of sight
	Want a smaller mask
Might not be right for you if you	Have very sensitive nostrils
	Are a mouth breather

F&P Brevida™



3. Choosing the right mask and CPAP equipment

Compact Nasal Mask

Might be right for you if you	Don't want something in your nose
	Need a mask that is easy to seal and fit
Might not be right for you if you	Are a mouth breather

F&P Evora™ Nasal



Nasal Mask

Might be right for you if you	Don't want something in your nose
	Need a mask that is easy to seal and fit
Might not be right for you if you	Are a mouth breather

F&P Eson™ 2



Compact Full Face Mask

Might be right for you if you	Are a mouth breather
	Experience chronic nasal obstruction or congestion
Might not be right for you if you	Feel claustrophobic

F&P Evora™ Full



Full Face Mask

Might be right for you if you	Are a mouth breather
	Experience chronic nasal obstruction or congestion
Might not be right for you if you	Feel claustrophobic

F&P Vitera™



3. Choosing the right mask and CPAP equipment

Your healthcare provider will help you to choose the right CPAP equipment for you. There are several different device types and each has different comfort and lifestyle settings, allowing you to personalize the therapy to your particular needs.



F&P SleepStyle CPAP device

4. Fitting and setting up your equipment

User Instructions are provided with your equipment to help guide you through the set-up procedures. Your healthcare provider may have also explained the equipment set-up with you during a consultation and can answer any of your questions.

Your mask

It can take a little time to get used to a mask. Trialling it while awake can help you to get used to the sensation of wearing it. For some new CPAP users, getting used to the sensation of the mask and air pressure can be very straightforward; for others, it may take practice and time to become comfortable.

The headgear on your mask should feel secure, but not too tight. Your User Instructions will provide tips on how to fit your mask correctly. Please refer to the warnings and cautions before use.



4. Fitting and setting up your equipment

Your CPAP device

- Your therapeutic pressure will be pre-set by your healthcare provider.
- Make sure to set up the CPAP device by your bed at head height or lower, where the breathing tube can reach you easily and the power plug can reach the wall safely.
- Try using the mask and CPAP equipment before going to sleep, even if only for a couple of minutes, to get used to the sensation.
- Follow the instructions in your manual, which contains information such as how to start your device and how to adjust different comfort settings.



5. Support when you need — at your fingertips

F&P myMask App

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Designed to support mask setup, the F&P myMask app helps you to effectively fit, fine-tune and clean your F&P CPAP* mask for obstructive sleep apnea.



** We refer to CPAP in this instance, but this may also include other positive airway pressure device modes such as APAP or Bilevel. Masks must be used with a PAP device to deliver therapy.*

5. Support when you need — at your fingertips

F&P SleepStyle App

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Your SleepStyle system was designed with you in mind. Understand and track your CPAP therapy progress to unlock the secrets of your sleep life.

Scan to download



6. Frequently asked questions

If you experience any ongoing issues with your CPAP equipment, please speak to your healthcare provider.

How long will it take me to get used to CPAP therapy?

For some people, getting used to CPAP therapy can happen almost immediately; for others, it can take time. There is no normal length of time involved: it can vary for every user. It's important to keep trying and stay positive. If you find therapy difficult to tolerate, try using the mask and device while awake to get used to the sensation. For some people, wearing just the mask for short periods during the day can help to get used to the sensation of having something on your face. This will not provide the treatment but can help you to adjust to wearing a mask.



6. Frequently asked questions

When might I start to notice improvements from using CPAP therapy?

CPAP is currently the most commonly used and effective treatment for OSA;² however, effectiveness can vary depending on each person. If your settings are accurate for your needs and the instructions for using the device and mask are followed, CPAP treatment should begin to decrease the severity of your OSA. For some people, improvements to symptoms may be noticed almost immediately; for others, it may take longer. Asking friends and family if they have noticed any changes that you may have not noticed yourself can also be reassuring.

To know if your CPAP therapy is treating your OSA, consult your doctor or healthcare provider. Most CPAP devices automatically provide your sleep data to your doctor or healthcare provider for them to monitor your progress and you can discuss this with them when you visit. Remember, CPAP is a treatment, not a cure, so it is important to use it every time you sleep.

What can I do to stop air leaking out of the sides of the mask?

Mask leak can be caused by a number of factors. If you experience any air leaking after consulting the User Instructions, try lifting the seal off your face and repositioning it again. Overtightening the mask can also result in more leaks, so make sure the mask is not too tight on your face. Cleaning your mask may help to also maintain mask fit and prevent materials from breaking down as quickly.

Sometimes the air irritates my nose and throat. What can I do to help resolve this?

Heated humidification can help to ease a dry throat and nasal side effects such as dryness or congestion.⁴ Ask your healthcare provider about humidification if your device does not have an in-built humidifier. If you already have a humidifier, you can adjust the humidity settings on your device. If you have any issues with humidity, you may wish to contact your healthcare provider.

Will the pressure on my CPAP device ever need changing?

The pressure on your CPAP device is set to a level that specifically treats your OSA. As time goes on, and your body changes, you might need to have the pressure level adjusted. This is similar to people who wear glasses. If you feel symptoms returning (such as daytime sleepiness), you should contact your healthcare provider, who will provide guidance on whether your pressure needs changing.

Why does my mask seal feel tight?

The headgear should be secure but not too tight. You may feel like your mask seal is too tight also if your headgear is too small. Make sure to double-check with your healthcare provider that you have received the correct mask size or ask them to refit your mask correctly. You can consult your User Instructions on how to properly fit the mask and for other mask fitting tips.

Can I still use CPAP if I have a cold?

Many patients still use their CPAP device while experiencing a common cold. Humidity can be adjusted depending on your needs. If you have any issues with humidity you may want to contact your healthcare provider. If you are using a nasal pillows mask or nasal mask, you might find benefit in having a spare full-face mask to use when you're experiencing a cold. This will allow the air to bypass excessive nasal congestion and blockage resulting from a cold. If symptoms persist, consult your doctor.

If I need to go to the hospital for any reason, do I take my CPAP device with me?

If you have a planned appointment or admission (such as a clinic visit or scheduled surgery), check with relevant hospital staff about whether you need to bring your CPAP equipment with you prior to your arrival. If you're unsure or your visit is unscheduled or unplanned (such as going to the emergency department), take your CPAP device with you if possible.

7. Advice for caregivers, family, and friends

Your role is critical to help your loved one improve their health and get used to CPAP therapy. You can be a source of comfort and guidance along their CPAP therapy journey.

You may have experienced the following symptoms from your loved one prior to them commencing treatment:³

- Loud snoring
- Daytime sleepiness
- Breathing pauses during sleep
- Morning headaches
- Lack of concentration and energy



CPAP is the most common treatment for Obstructive Sleep Apnea.³ It is important that you support your loved one as much as possible while they get used to CPAP treatment.

Some helpful ways to support them:

- Educate yourself on what OSA is and why your loved one needs CPAP therapy; perhaps have a look at some online research.
- Go along to your loved one's appointments so you can understand what they need.
- Encourage them to try and get used to CPAP therapy while they are awake.
- Help them with setting up their equipment and fitting the mask as per the User Instructions.
- Remind them to use CPAP therapy every time they go to sleep.
- Help improve their sleep behaviors and habits, such as maintaining a regular bedtime and reducing their caffeine consumption.
- It's really important for your loved one to persevere with the therapy to start feeling the benefits, encourage them with support and positivity and let them know when you're noticing improvements in their health and well-being.



8. Complete with your healthcare provider

Initial set-up date:

My mask:

My CPAP device:

My CPAP pressure:

My humidity setting:

My next appointment(s) is:

Other details:

My next mask replacement is due on:

Other dates, my goals/healthcare provider's goals:

Questions for my next visit:

9. Key contact information

Name:

Address:

Email address:

Phone number:

Name:

Address:

Email address:

Phone number:



Sleep well

References

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3. Epstein LJ, Kristo D, Strollo PJ et al. Clinical Guideline for the Evaluation, Management and Long-term Care of Obstructive Sleep Apnea in Adults. *J Clin Sleep Med* 2009; 5(3): 263-276.
4. Almasri E & Kline L. The Addition of Heated Wall Tubing Provides More Humidity and Comfort than Standard Heated Humidifier CPAP Units. *SLEEP* 2007; 30(suppl): A190. This study was supported by Fisher & Paykel Healthcare.

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