

# RESMED

**VPAP™ ST**

**VPAP™ S**

POSITIVE AIRWAY PRESSURE DEVICE



**Welcome Guide**

English

# Welcome

Thank you for choosing the VPAP ST or VPAP S. Before operating this device, please read the entire Welcome and Information Guides.



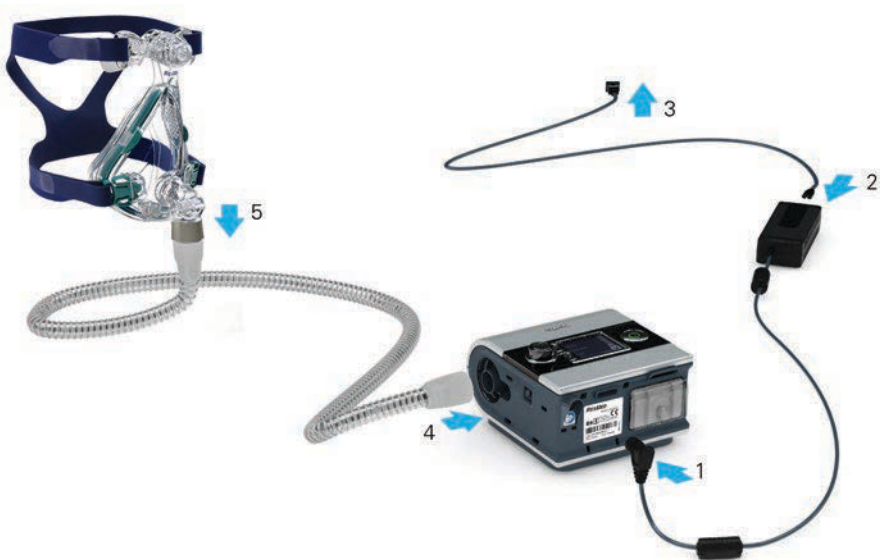
## VPAP at a glance

The VPAP system comprises the following elements:

- VPAP device
- Air tubing
- 90W power supply unit
- travel bag
- SD card
- SD card protective folder.

Optional components include:

- H5i heated humidifier
- Standard air tubing
- SlimLine air tubing
- 3m air tubing
- ClimateLine heated air tubing
- ClimateLine<sup>MAX</sup> heated air tubing
- 30W power supply unit (does not support H5i)
- Power Station II battery pack
- DC/DC Converter 24V/90W.



## Setup

1. Connect the DC plug of the power supply unit to the rear of the VPAP device.
2. Connect the power cord to the power supply unit.
3. Plug the other end of the power cord into the power outlet.
4. Connect one end of the air tubing firmly onto the air outlet.
5. Connect the assembled mask system to the free end of the air tubing.

### Notes:

- For more information on assembling your mask see your mask user guide.
- Recommended masks are available on [www.resmed.com](http://www.resmed.com) on the Products page under Service & Support.

## VPAP basics

**Start/Stop button**  
Starts or stops treatment.

**LCD screen**  
Displays the menus, treatment screens and reminders.


**Info menu\***  
Allows you to view your sleep statistics or exit from the menu.

**Setup menu\***  
Allows you to make changes to settings or exit from the menu.


**Push dial**  
Turning the dial allows you to scroll through the menu and change settings. Pushing the dial allows you to enter into a menu and confirm your choice.


### Key:


Home 


Humidity level 


Ramp 


Heated tube 

Climate Control 

Start/Stop 

Push dial 

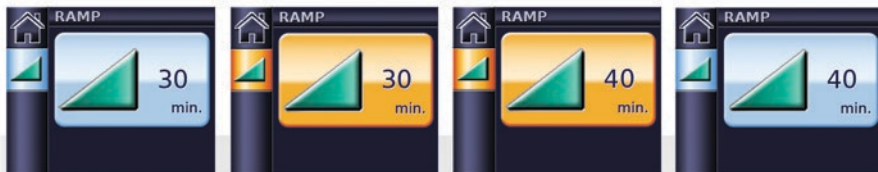
Setup menu 





Info menu 

\*The Info and Setup menus are disabled if S9 Essentials has been enabled by your clinician.

## Adjusting ramp time


Designed to make the beginning of treatment more comfortable, ramp time is the period during which the pressure increases from a low start pressure to the treatment pressure. To adjust your ramp time:




1. From your HOME screen, turn  until the RAMP screen is displayed in blue.
2. Press . The selection is highlighted in orange.
3. Turn  until the ramp time you require is displayed.
4. Press  to confirm your choice.

## Using mask-fit

You can use mask-fit to help you fit your mask properly. This feature delivers treatment pressure for a three-minute period, prior to starting treatment, during which you can check and adjust your mask-fit to minimise leaks.

1. Fit your mask as described in the mask user guide.
2. From your home screen, push and hold  for three seconds. One of the following MASK FIT screens is displayed:



3. If necessary, adjust your mask, mask cushion and headgear until you have a Good mask-fit. After three minutes, the pressure reverts to the set pressure and treatment will begin. You can end mask-fit at any time by pressing .


## S9 Essentials

S9 Essentials is designed to make device interaction and menu navigation easier for you. If enabled by the clinician, S9 Essentials disables the Info and Setup functionality so that you can simply start and stop therapy and adjust ramp, humidification and Climate Control.


### Selecting the mask type

To select your type of mask:




1. Press . The SETTINGS screen is displayed.




2. Turn  until Mask is displayed in blue.




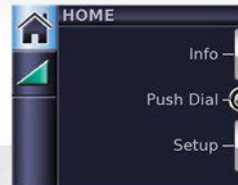
3. Press . The selection is highlighted in orange.




4. Turn  until the mask setting that you require is displayed.



5. Press  to confirm your choice.





6. Push  to return to the HOME screen.

*Note: Selecting the mask type is not possible if S9 Essentials has been enabled by your clinician.*



### Getting started

1. Make sure the power is connected.
2. Adjust the ramp time if required.
3. Fit your mask as described in your mask user guide.
4. To start therapy, simply breathe into the mask and/or press .
5. Lie down and arrange the air tubing so that it is free to move if you turn in your sleep.
6. To stop treatment at any time, remove your mask and/or press .

### Notes:

- If your clinician has enabled SmartStart your device will start automatically when you breathe into the mask and stop automatically when you remove the mask.
- If power is interrupted during treatment, the device automatically restarts therapy when power is restored.

## Viewing the treatment screens

Depending on how the system has been configured, you will see one of the following example screens (shown in the ST mode) once therapy has started:



- ✓ H5i humidifier



- ✓ H5i humidifier
- ✓ ClimateLine or ClimateLine<sup>MAX</sup> heated air tube
- ✓ Climate Control – Auto



- ✓ H5i humidifier
- ✓ ClimateLine or ClimateLine<sup>MAX</sup> heated air tube
- ✓ Climate Control – Manual




- ✓ Standard VPAP without optional accessories

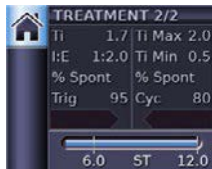


- ✓ Oximetry data via the oximeter adapter

In S and ST modes, the fixed lines on the pressure bar indicate the expiratory and inspiratory pressures. In CPAP mode, only a set pressure is shown. While the treatment is ramping (indicated by an orange ramp icon below the pressure bar), the pressure values appear in orange. When a set pressure is reached these values are displayed in white.



To toggle between treatment screens 1 and 2, press  from your HOME screen.

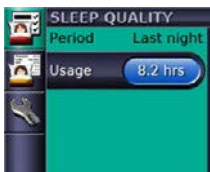


- ✓ Treatment with device trigger (Timed) and cycle (Timed, Ti Max or Ti Min) breath indicators
- ✓ Treatment with spontaneous trigger and cycled breaths

## Viewing the Info menu

The Info menu has a series of screens showing your sleep quality, sleep report and service information.

To view the Info menu, push  from your HOME screen.



- ✓ In the Sleep Quality screen, you can always view your usage hours during the last session and if enabled by your clinician, data on mask-fit and AHI is displayed.
- ✓ In the Sleep Report, only the period can be changed—other values are for display only.
- ✓ In the Service information, the device run hours (includes warm-up/cool-down times for the humidifier) and the software identifications are displayed.

To return to the HOME screen, push .

## Cleaning and maintenance

Refer to your mask and humidifier user guides for detailed instructions regarding the care of these devices.

### Daily

Remove the air tubing by pulling on the finger grips on the cuff. Hang it in a clean, dry place until next use.

#### Notes:

- Do not hang the air tubing in direct sunlight as it may harden over time and eventually crack.
- Do not wash the air tubing in a washing machine or dishwasher.

### Weekly

1. Remove the air tubing from the VPAP device and the mask.
2. Wash the air tubing in warm water using mild detergent.
3. Rinse thoroughly, hang, and allow to dry.
4. Before next use, reconnect the air tubing to the air outlet and mask.

### Monthly

1. Wipe the exterior of the VPAP device with a damp cloth and mild detergent.
2. Check the air filter for holes and blockage by dirt or dust. Replace the air filter if necessary.

## Replacing the air filter

Replace the air filter every six months (or more often if necessary).

1. Remove the air filter cover from the back of the VPAP device.
2. Remove and discard the old air filter.
3. Insert a new ResMed air filter ensuring that it is sitting flat in the air filter cover.
4. Replace the air filter cover.

#### Notes:

- Ensure the air filter and air filter cover are fitted at all times.
- Do not wash the air filter. The air filter is not washable or reusable.

Air filter cover



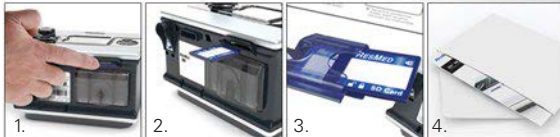
## SD card

An SD card has been supplied to gather therapy data from your VPAP device and provide settings updates from your clinician. When instructed to do so, disconnect the VPAP device from the power outlet, remove your SD card, insert it in the protective folder and send it to your clinician.

### Removing the card

1. Push in the SD card to release it.
2. Remove the card.
3. Insert the card into the protective folder.
4. Send the protective folder back to your clinician as instructed.

For more information on removing and inserting your card refer to the SD Card Protective Folder provided with your device. Please retain the SD Card Protective Folder for future use.



### Notes:

- For Troubleshooting information refer to the Information Guide.
- For more product information see [www.resmed.com](http://www.resmed.com).

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S9 VPAP ST / S9 VPAP S

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