


## Routine care

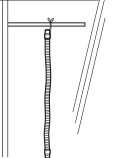
### Please perform the following **daily care**.

**Wipe**




Wipe the inside and outside of the mask cushion with a moist cloth.

**Dry air tubing/  
heated air tubing\***  
(out of direct  
sunlight).  
※Optional



Dry the tubing out of direct sunlight in a straight line to prevent cracking.

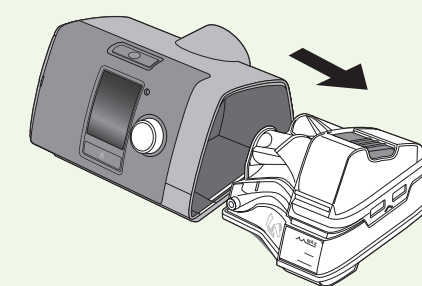
**Discard  
water**



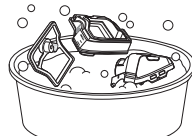
Rinse well with water, fully drain off the water, and dry out of direct sunlight.

You should clean your mask daily or weekly. Care instructions differ depending on the product, so please refer to the user guide of your mask.

### Please perform the following **weekly care**.

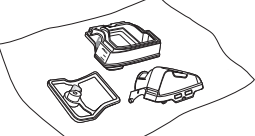


**Wash the water  
tab after  
disassembling.**



Use a neutral detergent and rinse thoroughly after washing.

**Dry**




Drain off the water and dry out of direct sunlight.

**Caution**

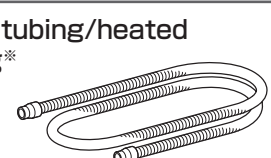
- Replace the water tab if any of its components are cracked, cloudy, or pitted.
- Replace the seal if it is cracked or torn.
- Do not use alcohol, bleach, chlorine, aromatic-based solutions, or antibacterial detergents to clean or wipe the device. These solutions may reduce the life of the product, cause damage or physical harm.
- After washing, rinse well with water until all residues have been washed away. Residual detergent, etc., may shorten the life of the parts or irritate the skin.
- ※ If white powder deposits remain inside the water tab, use a solution of 1 part household vinegar to 10 parts water up to the upper water injecting line of the water tab, leave the solution for 10 minutes, and then rinse well with water.

**Wipe the  
device**



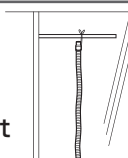
Wipe the exterior of the device with a wet cloth or a cloth moistened with a neutral detergent. Make sure that no detergent remains.

**Wash air tubing/heated  
air tubing\***  
※Optional




Use a neutral detergent and rinse thoroughly after washing.

**Dry**  
(out of direct  
sunlight)



Fully drain off the water and dry out of direct sunlight in a straight line.

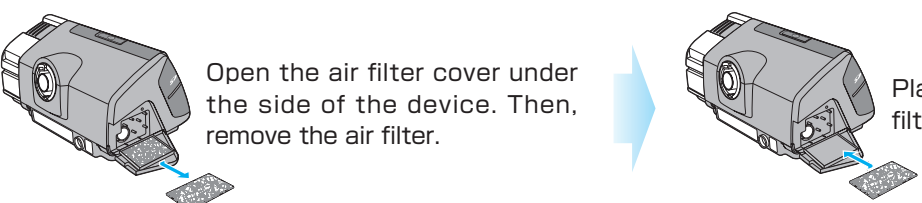
**Wash the  
headgear**  
※Using neutral  
detergent



Please wash by hand. Do not use bleach, dry cleaning, or ironing.

### To replace the air filter

※ Do not wash or reuse the air filter.  
※ Replace the air filter every 6 months or sooner if it becomes very dirty.



Open the air filter cover under the side of the device. Then, remove the air filter.

Place a new air filter onto the air filter cover and then close it.

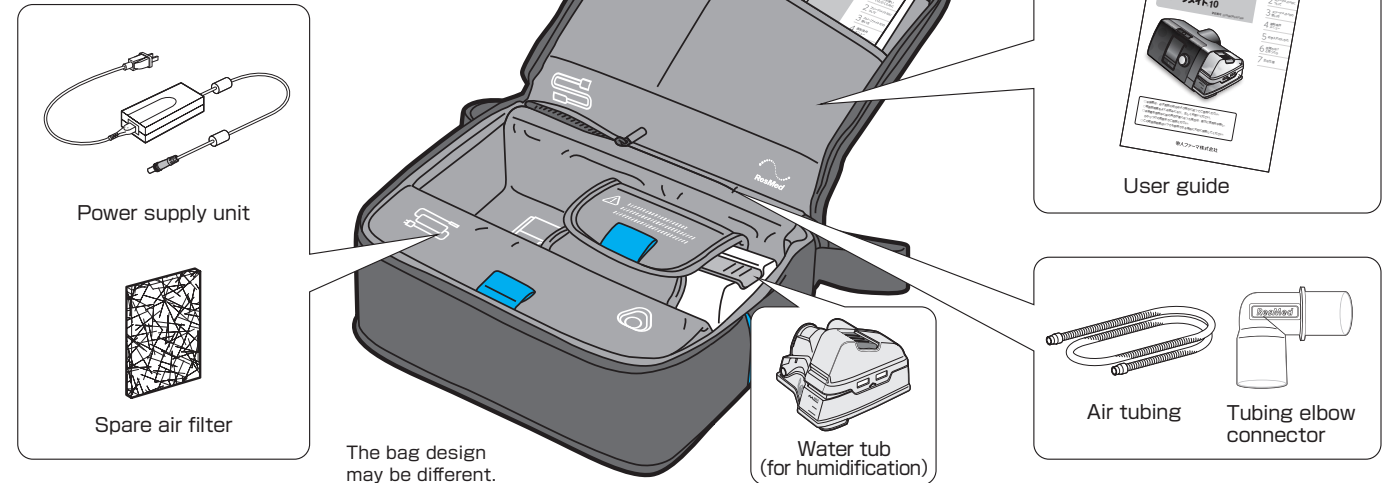
## Sleepmate® 10 Quick Guide

Approval No. : 227008ZIO0027000  
Designated Marketing  
Authorization Holder : ResMed KK

### Using the humidifying function

⚠ Warning : Be sure to read the package insert and the user guide before using the product to understand warnings, cautions, etc., and use the product correctly.

### Equipment in the bag



Power supply unit

Spare air filter

User guide

Air tubing

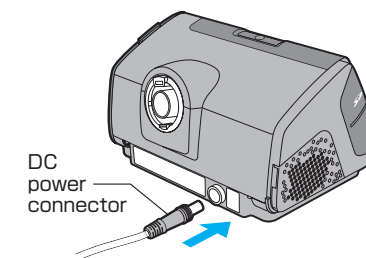
Tubing elbow connector

Water tub (for humidification)

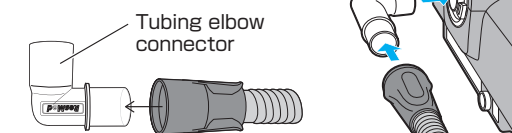
The bag design may be different.

## Assembly and setup

### 1 Insert the power plug into the device.

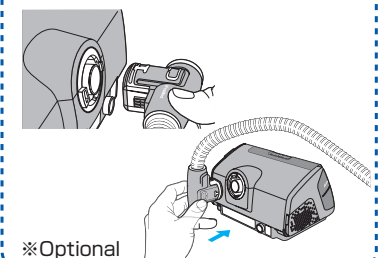


### 2 Connect the device to the air tubing using the tubing elbow connector.

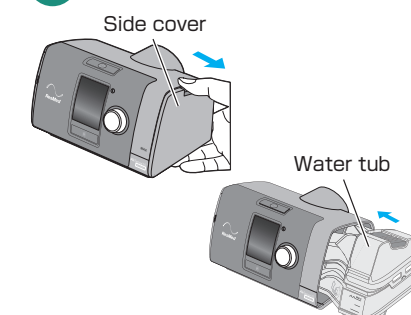


⚠ **Caution** ● When using the air tubing, use it together with the tubing elbow connector.

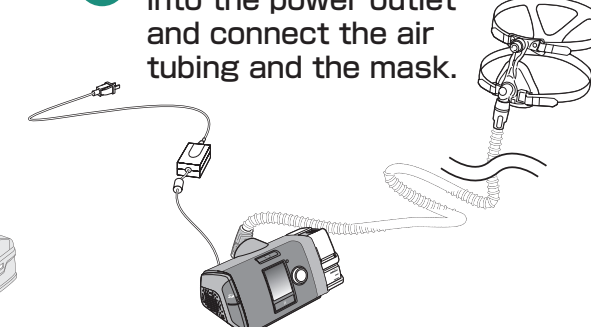
When using heated air tubing\*, the tubing elbow connector is not needed.



### 3 Connect the water tub.

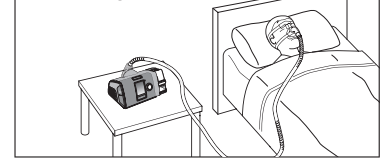


### 4 Plug the power connector into the power outlet and connect the air tubing and the mask.



### Setup

Set up the device near where you sleep. When you use a stand, use the stable one and place it below your face.

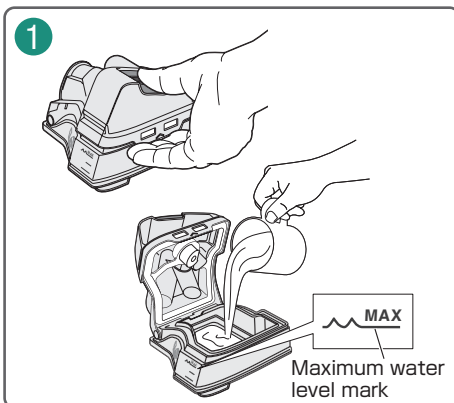


See the next page for details.



## Filling and connecting the water tub

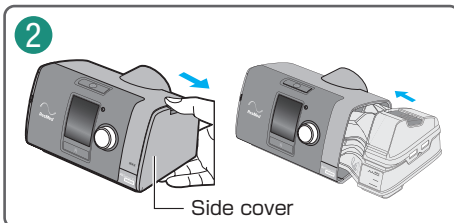
**i** If tap water is used, the inside of the water tub may turn white. Therefore, it is recommended to use purified water.



### 1 Filling the water tub with water

- Warning** Do not overfill the water tub with water above the maximum water level mark. Water may enter the inside of the device, air tubing, etc., causing a malfunction or electric shock.
- Caution** Rinse the inside of the water tub before filling with water. Do not fill it with anything other than water, such as perfume. Do not fill the water tub with hot water. Wipe off any water around the water tub. If the device is being operated without the air tubing or mask connected, water may splash out of the tubing connector.

**i** If water is filled above the maximum level mark, water may overflow.



### 2 Attach the water tub

Remove the side cover on the side of the device and attach the water tub. Fit the water tub firmly to the rear of the device.

- Warning** Empty the water tub when carrying your device.

※Keep the side cover and make sure to operate with the side cover attached to the device when the water tub is not being used.

## Starting and stopping the therapy

### 1 Fit your mask.

Please refer to the mask user guide for details on how to fit your mask.

### 2 Starting the therapy

Press the Start/Stop button on the control panel to start the therapy.

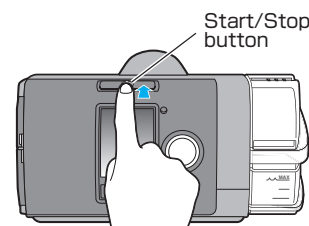
- i** If the SmartStart function is enabled, the device will automatically start the therapy when you breathe through your nose with your mask fitted.

### 3 Stopping the therapy

Press the Start/Stop button to stop the therapy.

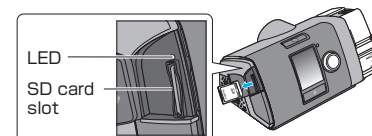
- Important** You should not unplug the power cord unless necessary, such as when cleaning the device. For models with communication functions, this device transmits the usage and setting status to the data center through cellular communication. If the power cord is unplugged, no information will be transmitted.

- Warning** If the water tub is used, wait at least 10 minutes after use before removing the water tub. Failure to do so could result in a burn.



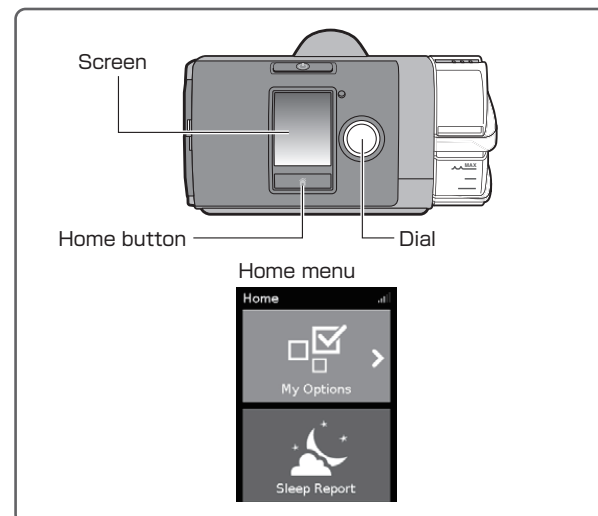
### Removing the SD card

After stopping the therapy, wait until the LED on the SD card slot stops flashing, then remove the SD card by pushing it toward the device.



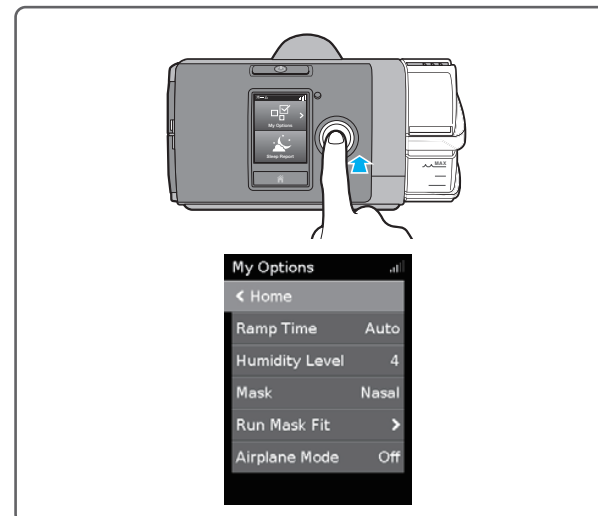
- i** If the LED on the SD card slot is flashing, data is being stored. If the power is turned off or the SD card is removed when the LED is flashing, data will not be saved properly.

## Screen and operational methods



- When you plug the power connector into the power outlet, the home menu will appear.
- Turn the dial to select "My Options" or "Sleep Report" and then press the dial.
- You can return to the home menu by selecting "Home" in each menu of "My Options" and "Sleep Report", or pressing the home button.

### <My Options>



- The screen displays the menu items for the therapy conditions.

On this screen, you can change the therapy conditions, such as the ramp time. Please refer to the user guide for details on the therapy conditions.

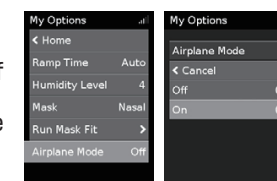
### Important

For models with communication functions:

- In areas where use of cellular phones is prohibited, turn on the Airplane Mode.

### Airplane Mode

Turn on the Airplane Mode in areas where use of cellular phones is prohibited, such as in airplanes and hospitals, or when you do not want to transmit data to the data center. It will stop data transmission.



### <Sleep Report>



- The screen displays summary of your therapy sessions

On this screen, you can check the usage hours, mask seal, etc. Please refer to the user guide for further details.

(The items displayed in "My Options" and "Sleep Report" may be different depending on the settings by the physician or the connected devices. The screen images are for illustrative purposes only.)

## Key tip on use

### Take your time to practice

When you use this device for the first time, you may feel discomfort when breathing through your nose. In particular, you need to consciously push air out through your nose when you exhale, but this naturally happens when you are asleep. At first you may feel as if the air pressure is interfering with your breathing, but you don't have to worry about this. Please take sufficient time to practice until you get used to this feeling. You may want to take a few deep breaths before you begin.

### About the mask

If you wash your face and remove oil from your face before fitting your mask, it will help your mask to last longer. If you have difficulty fitting the mask comfortably and stably, please talk to your doctor about it.

### Keep your mouth closed.

Opening your mouth will let air leak out, which can be very uncomfortable. After fitting your mask and while you are awake, please try to keep your mouth closed. When you are sleeping, your mouth is normally closed naturally. However, if you wake up in the night and open your mouth, you may be startled by the feeling of air coming out of your mouth. Please do your best to close your mouth and return to sleep.

### To prevent drying of your nose, mouth, and throat

Especially during winter, your nose, mouth, and throat may become dry. In such cases, a humidifier or a "chinstrap" to prevent your mouth opening may be helpful. Please ask your physician regarding its use.

