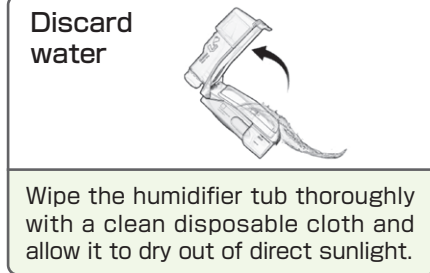
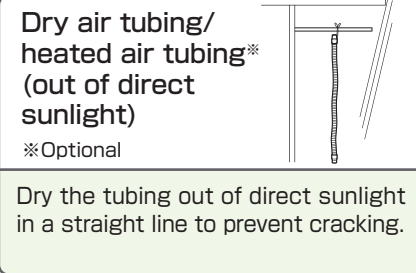
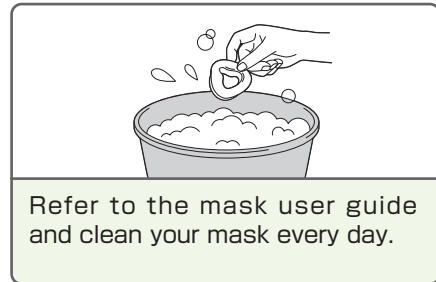
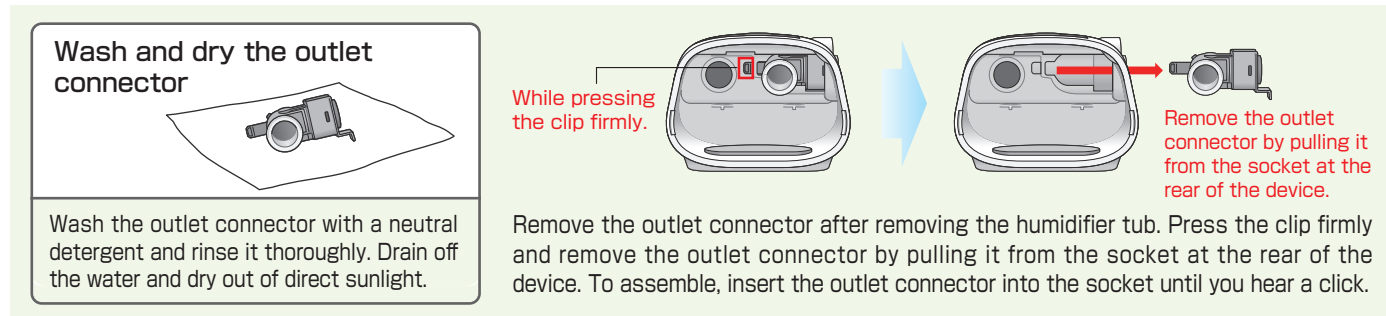
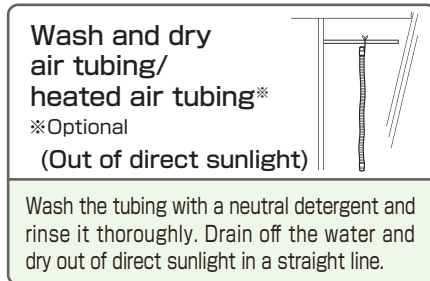
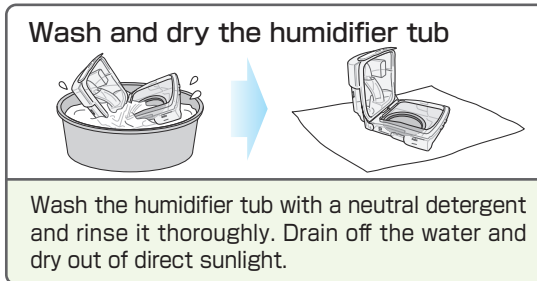
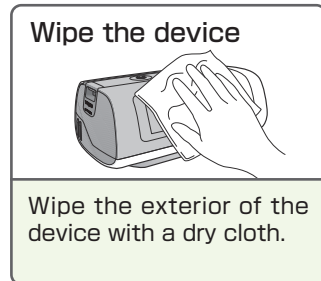


Routine care

Please perform the following **daily care**.



Please perform the following **weekly care**.



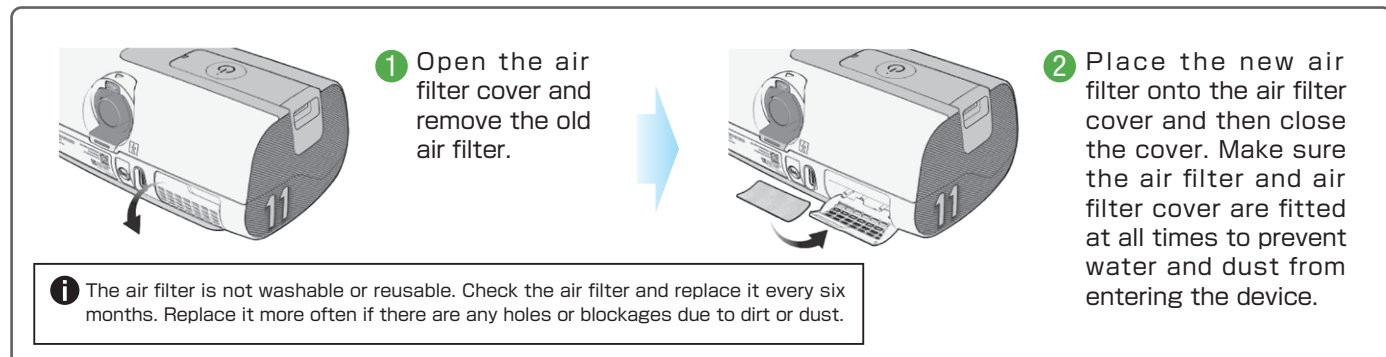
WARNING

- Beware of electrocution.
- Do not perform any maintenance tasks (e.g., cleaning, changing the air filter) while the device is being operated.
- Regularly inspect power cords, cables, and the AC adaptor for damage or signs of wear. Discontinue use and replace if damaged.
- Read the user guide thoroughly for other cautions before use.

CAUTION Do not use bleach, chlorine, aromatic-based solutions, moisturizing soaps or antibacterial detergents to clean or wipe the device. These solutions may reduce the life of the parts, cause damage to the device or cause physical harm.

i Components should not be washed at temperatures of higher than 131°F (55°C).

Replacing the air filter.



Sleepmate® 11 Quick Guide

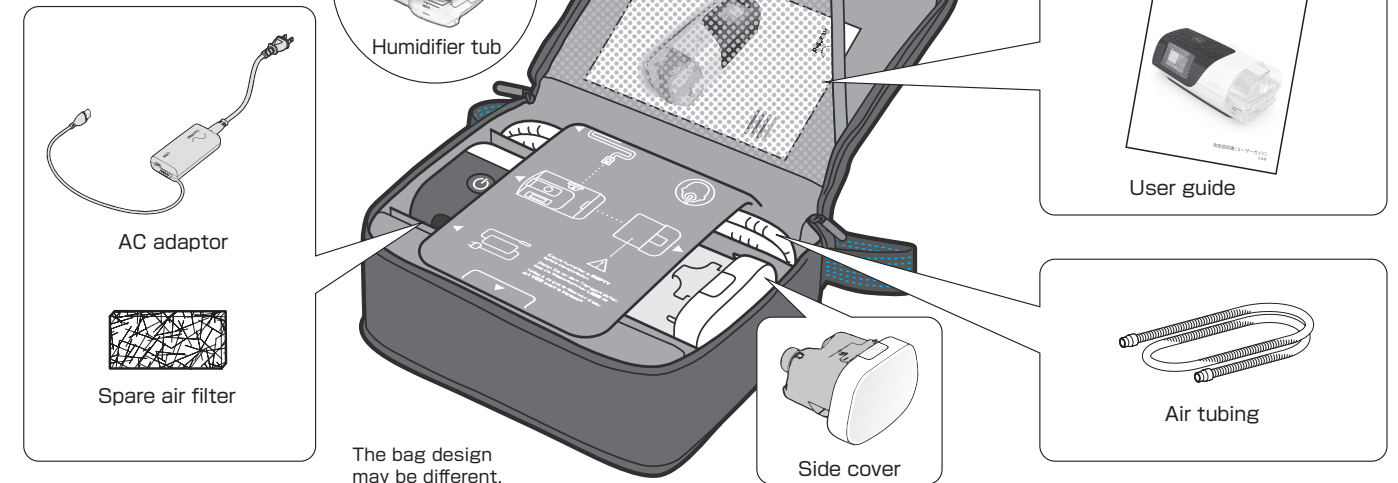
Approval No.: 30300BZX00343A01
Marketing Authorization Holder : ResMed KK

Using the humidifying function

WARNING

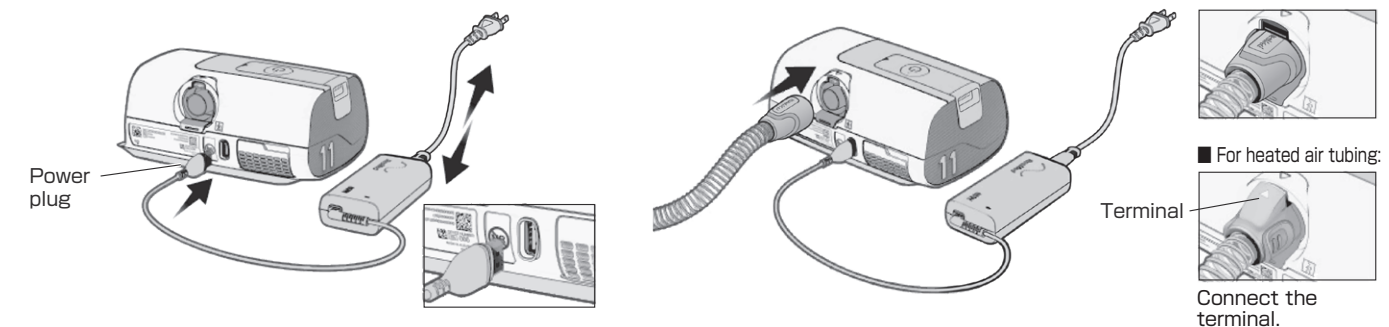
- Read the entire user guide before using the device.
- This device is not suitable for ventilator-dependent patients.

Equipment in the bag

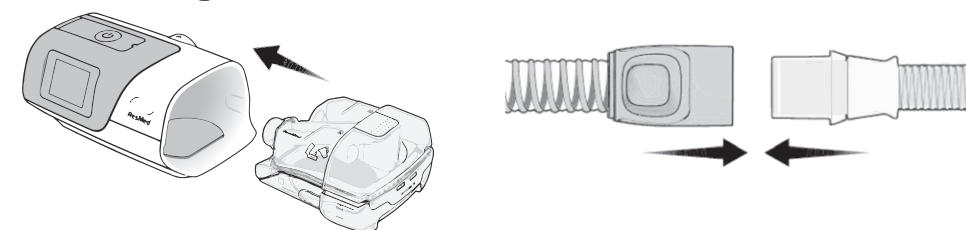


Assembly and setup

- 1** Insert the power plug into the device and plug the AC adaptor into the power outlet.
- 2** Connect the air tubing to the device.



- 3** Insert the humidifier tub into the device, holding the tub straight to the device.
- 4** Connect the air tubing and the mask.



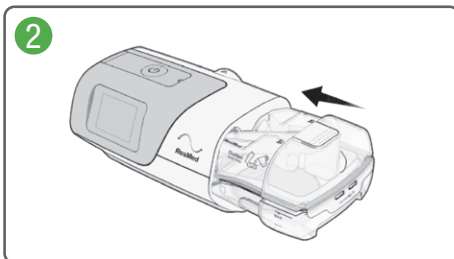
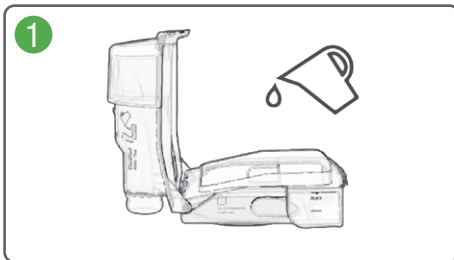
See the next page for details.



Information service for CPAP users
CPARTNERS
シーバートナーズ
Teijin Cpartners Search

CPARTNERS will help answer the questions you have about CPAP therapy.
▶24/7 accessible ▶View videos, FAQs, etc. ▶Order consumables ▶Contact us through [LINE], [Chatbot], or [Mail form]
Contact us by phone ▶0120-365-474 [Hours] 10:00 AM-10:00 PM
Language : Japanese

Filling and connecting the humidifier tub



① Fill the humidifier tub with water to the maximum water level mark.

② Attach the humidifier tub.

Close the humidifier tub and insert it into the side of the device.



- Do not fill water above the maximum water level mark.
- Water may enter inside the device, air tubing, etc., causing a malfunction or electric shock.
- Empty the humidifier tub before carrying your device.



- Always remove the humidifier tub from the device before filling it with water.
- Use drinking quality water (potable).

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 Start the therapy.

Press the Start therapy/Standby button to start the therapy.



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

③ Stop the therapy.

Remove your mask and press the Start therapy/Standby button to stop the therapy.



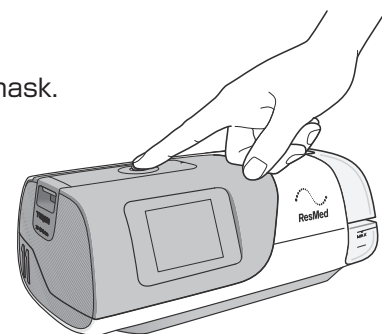
When the SmartStop function is enabled, removing the mask will automatically stop the therapy after a few seconds.



- You should not unplug the power cord unless necessary, such as when cleaning the device.
- 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.



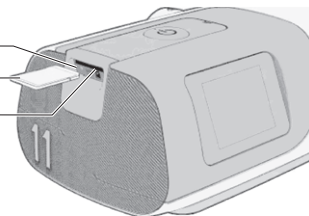
After using the humidifier tub, wait at least 10 minutes before removing the humidifier tub. Removing the tub while it is hot may result in a burn.



Removing the SD card.

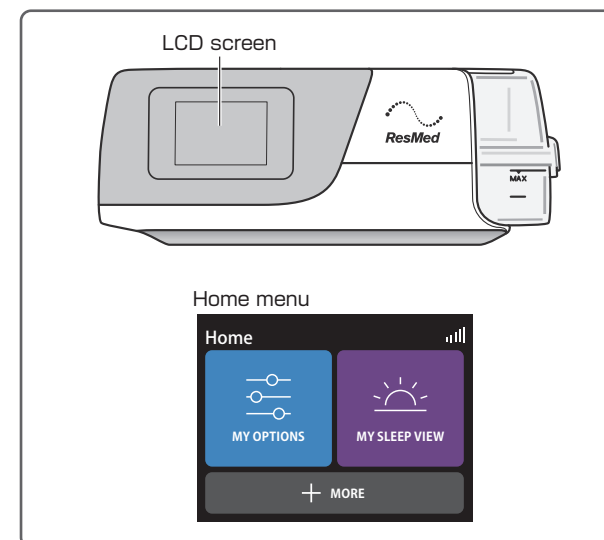
Push the SD card to remove. Do not remove the SD card from the device when the SD light is flashing because data is being written onto the card.

SD light
SD card
SD card slot



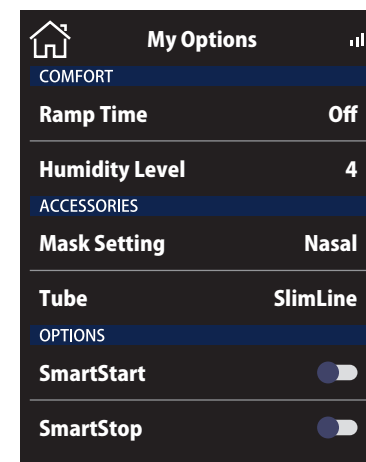
The SD card should not be used for any other purpose as it may corrupt the therapy data stored on the card.

LCD screen and how to operate



- Plugging in the AC adaptor into the power outlet will display the home menu.
- You can select "MY OPTIONS," "MY SLEEP VIEW" or "MORE" on the touch screen.
- Selecting the Home screen icon at the upper left of the screen will return you to the Home menu.

《MY OPTIONS》



Displays function settings for your therapy conditions.

When switching the type of mask, update the mask settings following the instructions given by your healthcare provider. If the settings are not selected correctly, the device may not work properly. See the user guide for more information on MY OPTIONS features.

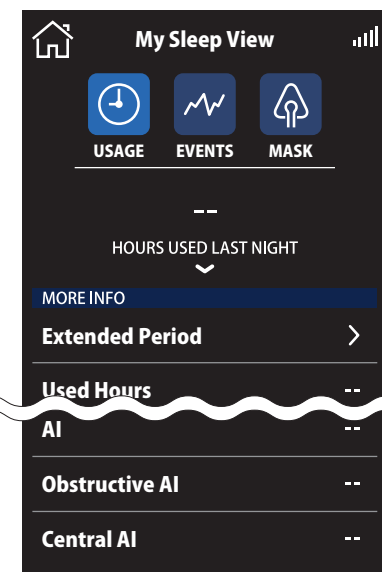


In areas where use of cellular phones is prohibited, turn on the Airplane Mode.

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 the data transmission.

※The items displayed may vary depending on the settings selected by your doctor or the connected device. The screen images are for illustrative purposes only.

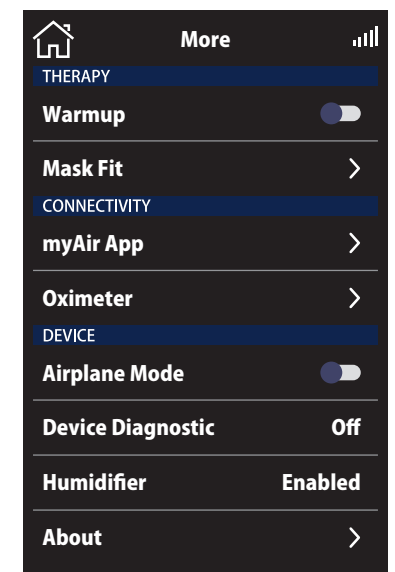
《MY SLEEP VIEW》



Displays the menu items for your therapy conditions.

You can view the hours used, mask fit, etc.

《MORE》



Displays more features.

You can run Mask Fit (a function that helps you assess and identify possible air leaks around your mask) or switch to Airplane mode. See the user guide for more information.

Key tips 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 happens naturally 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.

Washing your face to remove oil from your face before fitting your mask will help make your mask last longer. Please talk to your doctor if you have difficulty fitting the mask comfortably and securely.

Keep your mouth closed.

Opening your mouth will cause air leak out, which is 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 try 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, running a humidifier or using a "chinstrap," which prevents your mouth from opening, may be helpful. Please talk to your doctor about using them.

