

Plan of Care – ResMed Devices

After the PAP set-up appointment with your Respiratory Therapist, your Therapy Data will transmit, and our Compliance Team will monitor it regularly. Any issues regarding your therapy that would interfere with achieving compliance within the first 90 days will prompt a call from your Sleep Coach for assistance. We will usefully monitor your progress and support you as you adjust to your new therapy. If you have questions or need help, feel free to contact one of our Sleep Coaches at sleepcoach@qualitydme.com.

The First 90 Days:

Should any issues regarding compliance arise within the first 90 days of usage, this is when we have time to find a solution. As we proactively monitor your therapy, expect outreach from one of our Sleep Coaches if we notice you are trending towards non-compliance or poor outcomes.

Compliance Data:

Your CPAP machine is tracking your performance and adherence to your new therapy. The Compliance Team will use this data to optimize:

- Low mask leakage
- Adherence to compliance standards (70% usage of at least 4 hours a night)
- Effective treatment of sleep apnea events
- Data shared to your Referring Physicians, when applicable

We also encourage you to take an active role in managing your sleep therapy with the **myAir™** app for your computer or mobile device. Set personal sleep goals and track your therapy progress, watch informational videos to help you succeed, and stay motivated to take charge of your sleep. Download the App today on your desktop at <https://myair.resmed.com> or search for **myAir™** in your mobile App Store.

Additional Information:

- For more effective cleaning, create a solution of 3 parts water to 1 part white vinegar. Let the mask cushion, tubing, and humidifier chamber soak in the mixture for 30 minutes; rinse and dry well.
- *Please note that the AirTouch series (Memory Foam) is not meant to be washed or submerged in liquid but replaced when worn.
- It may take 2-3 weeks to adjust to therapy. Use the machine every night to increase effectiveness.
- CPAP and BIPAP masks should be loose-fitting and comfortable. Adjust the mask while in a sleeping position with the CPAP pressure flowing to maximize fit and comfort.
- Your Physician prescribes the CPAP pressure setting, and an updated Physician's Order will allow for pressure adjustments. Consult with your Physician regarding any issues with the pressure setting.
- If you're planning to travel, be sure to pack your machine as well. Make sure to empty the water in the humidifier chamber first.
- As an FAA-approved medical device, CPAP's are allowed as a carry-on at no additional cost.
- CPAP machines work on 110v and 220v. If you travel overseas, you will only need a plug adapter.