Hypnus Series 8 QUICK START GUIDE (QSG)

PLEASE READ THIS FIRST

For more detailed information, please refer to the Manufacturers User Guide included with your Machine.

All CPAP / APAP (Auto) / BPAP Machines have been QC tested and the contents checked before despatch.

Your Machine will have already been pre-set by your equipment supplier and should be ready to use.

If you're new to CPAP therapy, we recommend practising first. Refer to the included Support Brochure for more details.

Familiarising yourself with the Hypnus Series 8 Machine with Heated Humidifier

FRONT VIEW

REAR VIEW
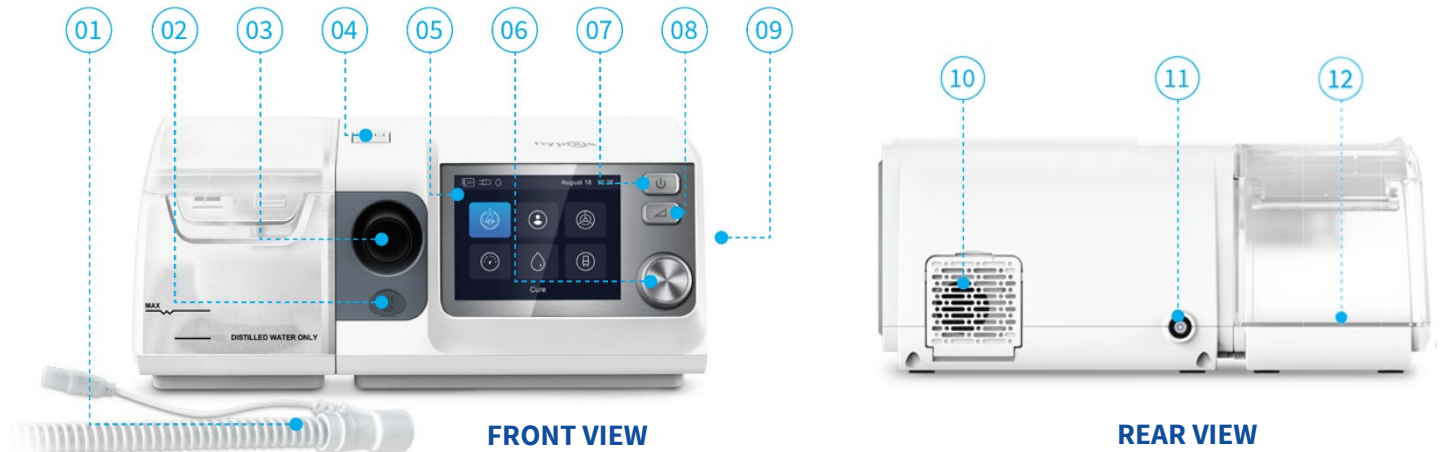
(1) Heated Hose	**(2) Heated Hose Power**	**(3) Air Outlet**	**(4) Humidifier Release Button**
(5) Colour Screen	**(6) Dial Control Button**	**(7) Start/Stop Button**	**(8) Ramp Button / Back Button**
(9) SD Card Slot	**(10) Air Filter Cover**	**(11) DC Input [24VDC]**	**(12) Combined Humidifier/Water Chamber**

Remove Water Chamber from the Machine to fill it

Press the **Humidifier Release Button (4)** and gently remove the Humidifier.

Open the lid carefully and fill the **Water Chamber (12)** with distilled water, to slightly below maximum line.

Close the lid, wipe dry and refit firmly back onto the Machine.

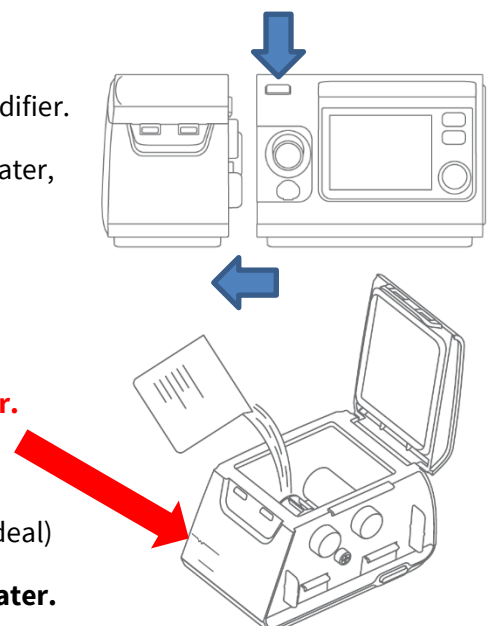Ideally, replace the water every day with distilled water.

Do not over-fill and do not operate the humidifier without water.

TIP: Do not use tap water.

A lot of patients use cooled boiled water. (This is convenient but not ideal)

Clean the water chamber at least once per week in warm soapy water.

DO NOT put the Combined Humidifier/Water Chamber (12) into a dishwasher.

> *NOTE: Tap water contains chemicals and particles that will settle on the bottom of the water chamber. If not cleaned regularly, this sediment will be hard to remove and may cause premature aging of the metal heating plate.*

Connecting the Machine

1. Plug in the short cable of the **Heated Hose (1)** into the **Heated Hose Power (2)** port on the front of the Machine, then attached the hose to the **Air Outlet (3)** and connect the Mask to the other end of the hose.
2. Plug the power cord into the wall socket and the other end into the AC adaptor.
3. **FIRMLY insert the DC Plug** from the AC adaptor into the **DC Input (11) port** at the rear of your Machine.
   TIP: The air filter has already been installed. There are two spare filters included with the instruction book.
   IMPORTANT: Replace the air filter at least every six months, or sooner if there are smokers or pets in the household.

Machine Operation

1. When the screen is on, start the airflow by pressing the *start/stop (7)* button. Press the same button again to stop the airflow.

*TIP: If **Smart Start** is **ON**, breathing deeply in and out through the Mask should start the airflow automatically.*

*TIP: If **Smart Stop** is **ON**, removing the Mask should stop the airflow automatically after approximately 10 seconds.*

*TIP: Pressing the **ramp (8)** button during air pressure flow will reduce the airflow back to the starting pressure.*

*TIP: The more blue lights showing on the Humidity setting, the more moisture is added. Turn the **dial (6)** button to adjust.*

TIP: Keep the machine lower than the bed (but preferably not on the floor).

IMPORTANT: <mark>At least once per week, wash the water chamber, mask and hose in warm soapy water and rinse.</mark>

SLEEP THERAPY DATA

After using the Machine, you can review the sleep therapy data from the previous night.

With the Machine in **standby mode** (display illuminated but no airflow), **rotate the *dial (6)*** button to highlight *info* and press the *dial (6)* button to view the on-screen sleep report.

Review the on-screen sleep data for the sleep period selected (options include 1 Day, 1 Week, 2 Weeks, 1 Month, 3 Months, 6 Months and 1 Year). ***We recommend you share this data with your equipment provider after 2 days of use and then again after using for one month.*** To exit the review mode, use the *back (8)* button.

Quick explanation of the main numbers and what they mean…

Used Hours: The length of time that the patient last used the device. Ideally at least 4hours every night.

AHI: The **A**pnea **H**ypopnea **I**ndex (AHI) is an index of Sleep Apnea severity combining Apneas and Hypopneas.

Apnea (pauses in breathing >10seconds) and Hypopneas (shallow breathing lasting >10 seconds).
The AHI is calculated by dividing the total number of events by the number of hours of use.

AHI values are typically categorised as 5~15/hr = **mild**; 16~30/hr = **moderate**, and over 30/h = **severe**.

When using CPAP therapy, the AHI target is less than 5.0 apnea/hypopnea events per hour and the lower the AHI number the better.

Leak: Mask leaks should be under 24~30 litres/minute. The lower number the better. If there are excessive Mask leaks, the ideal treatment therapy will not be achieved. In extreme cases of Mask leak, the Auto Machine pressure may increase and even switch off.

Avg P90%: The Machine was running at this treatment pressure or less for 90 percent of the time.

TIP: If you feel you need to adjust any settings, please contact your equipment provider for advice.

*TIP: For more information on this Hypnus Machine, please visit **cpapsales.com.au/hypnus***

Do you need help?

No Problem! We are happy to assist.

Please email: support@cpapsales.com.au or Phone 1300 04 2727 or 0427 299 083

TIP: If you are new to CPAP therapy, we recommend practising first.
Please refer to the included Support Brochure for more details.