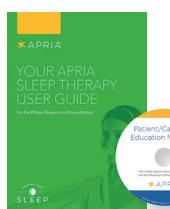




# YOUR APRIA SLEEP THERAPY QUICK START GUIDE

For the Philips Respirronics DreamStation®



## GET STARTED.

**Reference your *Apria Sleep Therapy User Guide* for more details.**

Use this QR link to our Sleep Apnea page for more information.

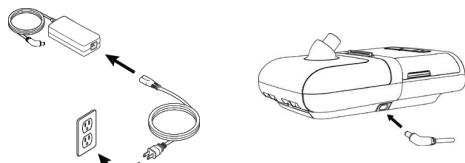
**1**  
Open the box and unpack your PAP machine, humidifier chamber, tubing, mask, power cord and supplies.

**See page 4**



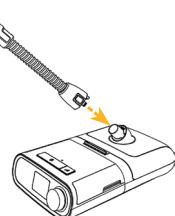
**2**  
Attach the power cord to the PAP machine.

**See page 4**



**3**  
Attach the tubing to the PAP machine.

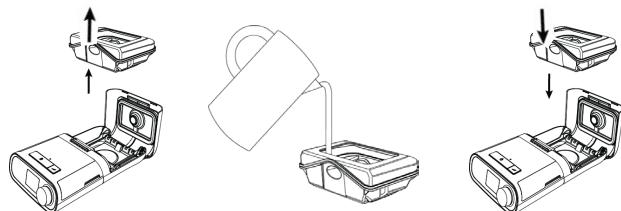
**See page 4**



**4**  
Fill the humidifier with distilled water and insert the humidifier into the PAP machine.

(It is recommended that you use distilled water. However, if you do not have distilled water on hand, in order to start your therapy today, bottled water can be used as a substitute to distilled water as a temporary measure.)

**See page 4**



**5**  
Place the PAP machine on a table next to your bed.  
(The height of the table should be lower than your head.)

**See page 4**

**6**

Plug the power cord into an electric wall outlet.

**See page 4**

CONTINUED ON BACK

7

**Fit your mask.** If your doctor prescribed a specific mask and size, follow the fitting instructions provided by the manufacturer. If you received a mask with multiple cushions, follow these instructions:

There is a mask cushion currently attached to the frame of your mask. This size fits most patients. Once you begin therapy, if your mask is leaking or feels uncomfortable, try removing the existing cushion and replacing it with a different size cushion. If you are between sizes, it is best to use the larger cushion. Use the Fitting Template (for nasal mask and full face mask) and/or the manufacturer's instructions included with your mask for help.

**See pages 5-8**



Nasal Mask

Nasal Pillow Mask

Full Face Mask

10

**Attach the tubing to your mask.**

(If using prescribed oxygen, consult pages 9 and 10 in your APRIA SLEEP THERAPY USER GUIDE.)

**See page 11**



11

**Lie down and take four deep breaths.**

The machine should start automatically. If you do not hear the machine start, press the **Start/Stop** button. Relax and begin to take slow breaths through your nose.

**See page 11**

12

**Check for air leaks.**

Small leaks are acceptable. If large leaks occur, consult your APRIA SLEEP THERAPY USER GUIDE.

**See pages 11-12**

8

**Put on your mask.**

**See pages 5-8**

9

**Attach the tubing to the PAP machine.**

**See pages 9-10**



Heated Wire Tubing attached to device

Pressure Valve

O2 Tee Adapter

Mask Hose

13

**Your setup is complete.**

**You are now ready to begin your PAP therapy!**

**See page 13**

14

**Make sure to follow the cleaning and maintenance instructions provided and review the recommended supply replacement schedule.**

**See pages 14-20**

If you have any questions or need help setting up your device and getting started, please call a member of Apria's Sleep Expert team.

Dial the number below and select option 4.

**877.265.2426**

**Monday - Friday: 8 a.m. - 10 p.m. EST**

**Saturday and Sunday: 11 a.m. - 7:30 p.m. EST**

