

Your CPAP Therapy Guidance (RESMED S10)



RESMED S10 CPAP Device

Setting Up Your S10

The machine is driven by electricity and delivers a constant pressure of air through the mask helping to keep your airway open during sleep.

For full set up assistance video/audio instructions are available via the link below or scan the QR code using your mobile device to take you straight to the link.

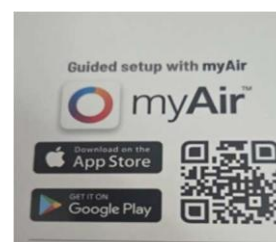
<https://www.youtube.com/watch?v=gOGkJvSPhsM>



MyAir

The **myAir** app gives you access to 'how-to' videos, relevant coaching tips and therapy reports. Every morning, your **myAir** score shows you useful, motivating information about your sleep and your therapy. It puts progress and improvements at your fingertips.

This is a fantastic app for CPAP users to be more in control of their therapy and results, while educating on key areas of therapy improvements.



Available on all Apple/Android devices. Scan QR code to take you to app download.

Consumables

The most efficient way to request new CPAP consumables would be to email the sleep team with your desired consumables, providing your identification details- **NAME, DATE OF BIRTH, NHS/HOSPITAL NUMBER** (if known) and a **CONTACT NUMBER**.

This request will then be processed and posted out to your known/confirmed home address or if requested left at **Reception at Aintree Sleep Labs (6th Floor, Ward 18, Main Tower Block)** for your collection.

Please note consumables are posted out via Royal Mail and delays to delivery can occasionally occur, if consumables are urgent at nature, then please request for your order to be collected in person. The Sleep Service are unable to expedite deliveries via any other means than Royal Mail and Patient Collection.

PLEASE NOTE- Orders may take a couple of weeks for the item to be posted to you if your required item is not in stock). You will receive a response to confirm we have received your request; this may be in your SPAM mailbox, please check and allow emails from the trust to

stop this happening in the future.

Your CPAP Therapy comes with added consumables which require dedicated care and maintenance from the therapy user. Consumables over time will require replacing, please see below for approximate consumable replacement times-

<u>Mask</u>		Replace <u>Cushion</u> every 6 months <u>Headgear</u> replaced every 12 months .
<u>Tubing</u>		Replace every 12 months .
<u>Humidifier</u>		Replace every 12 months .
<u>Dust Filters</u>		Replace every 3-5 months .

Contacting The Sleep Service

If you require further support and wish to contact the Sleep Team, then please use the numbers listed below and follow the options for your requested assistance-

0151 529 3808 or **0151 529 3299**

OPTION 1 – FOR APPOINTMENTS

OPTION 2 – DEVICE/EQUIPMENT ISSUES

OPTION 3 - FOR A PHYSIOLOGIST, THERAPY ISSUES

Or Email- sleep.lab@aintree.nhs.uk

The Sleep Service receives significant volumes of correspondence, **please note calls, voicemails and email are answered outside of clinical hours and there may be a delay in reply**, but rest assured the team will be in contact with you as soon as possible.

Change in CPAP Servicing Policy

Please be advised that, to reflect changes in UK legislation for Class II, double insulate medical devices, as of 2023 CPAP machines issued from the **Aintree Sleep Service no longer require routine annual servicing or electrical safety testing** for the manufacturer's recommended life span of the device.

If you are worried about the working order of your CPAP machine, please contact **0151 529 3808 option 2.**