

**PHILIPS**  
RESPIRONICS

*DreamWear*

Gel pillows



# Get set up

Let us help you begin your therapy in a few easy steps.



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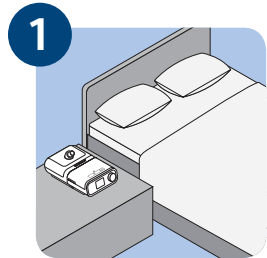
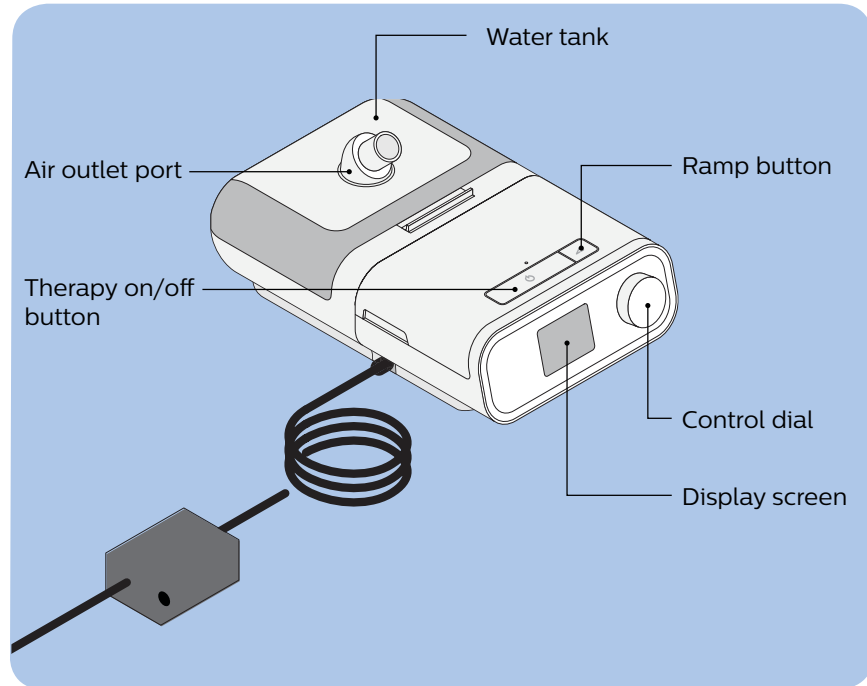
[www.philips.com/respironics](http://www.philips.com/respironics)

Caution: U.S. federal law restricts these devices to sale by or on the order of a physician.

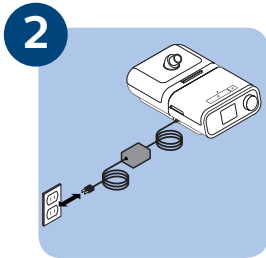
RRDPGH TR 3/24/20 PN 1146242 MCI 4109787 v00  
1010 Murry Ridge Lane, Murrysville, PA 15668  
800 345 6443 • 724 387 4000

# Set up your device

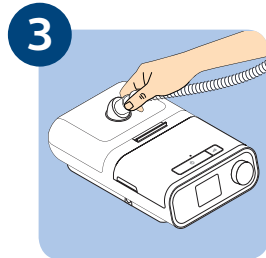
Congratulations, you have received your DreamStation device. DreamStation was designed with feedback from hundreds of patients to provide a simpler CPAP experience.



**1** Place the device on a firm, flat surface that is lower than your sleeping position.



**2** Plug the power supply of the device into an outlet. Home Screen will appear on the display of the device.



**3** Ensure that one end of the CPAP tubing is securely connected to the air outlet port on the device.



## Reusable and ultra-fine filters

A reusable filter comes installed in your DreamStation to filter the air you breathe. An optional ultra-fine filter is available to provide additional filtration of very fine particles. To use both filters, place the ultra-fine filter under the reusable one included with your device and snap them together. Put the filter assembly back into the device and swing the door closed.

## Fit your mask

Based on your clinician's recommendation, you have been provided with DreamWear Gel pillows mask. Please do not throw anything away until you have gone through your setup with a clinician.

**Note:** Refer to your mask instructions for contraindications, warnings, safety checks and additional information.



1 Assemble the mask, place the cushion under the nose.



2 Insert the pillows cushion tips into your nostrils. The pillows cushion gel bases sit comfortably under the nose without any gaps.



3 Position the frame on the top of the head. Pull the headgear over the back of the head.



4 Peel the headgear tabs away from the fabric. Adjust the length of the straps.

## Try out your mask



**Connect** the remaining end of the CPAP tubing to the quick-release elbow at the top of the mask.



**Press** the therapy on/off button on the device to start the airflow. You should feel the gentle flow of air in your mask.



**Adjust** the headgear and tubing position for comfort. Assume different sleeping positions. Move around until comfortable. If there are any excessive air leaks, make final adjustments while lying down.

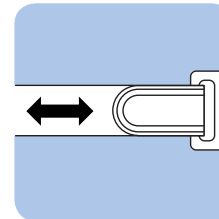
DreamWear allows you to sleep how you want – **stomach, side or back**



## Solve common comfort problems

### Air is leaking from your mask

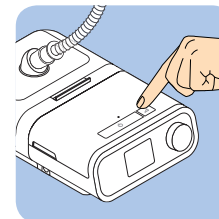
If a mask leak is occurring around your eyes or mouth, try the following procedure to fix it:



- ▶ Gently pull the mask away from your face, then adjust the mask, allowing it to reseat.
- ▶ Check that all connections are fastened.
- ▶ Readjust the headgear straps. The most common mistake is overtightening the headgear. The headgear should fit loose and comfortable. If your skin bulges around the mask or if red marks appear on your face, loosen the headgear.

### It feels hard to breathe out

You may need time to adjust to the feeling of the air pressure in your mask. These tips can help you get more comfortable:



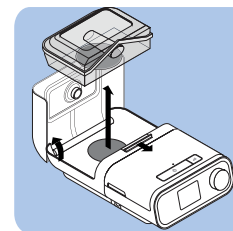
#### Press the ramp button

The ramp feature reduces air pressure while you are trying to fall asleep and then gradually increases the pressure until your prescription setting is reached. This feature allows you to fall asleep more comfortably.

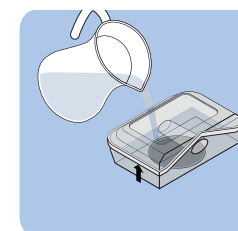
After you turn on the airflow, press the ramp button on the top of the device. You can use the ramp button as often as you wish during the night.

### Your nose or mouth feels dry

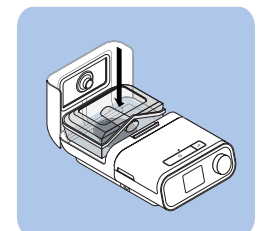
Try using your device's humidifier to increase the moisture in the air that's circulated in your mask. Follow these steps to fill the humidifier and adjust its settings:



**Slide** the humidifier release latch, swing open the humidifier lid and remove the water tank.



**Fill** the water tank with distilled water to (or below) the maximum fill line.



**Slide** the water tank into the humidifier and close the lid until it snaps shut.



# Care for your equipment

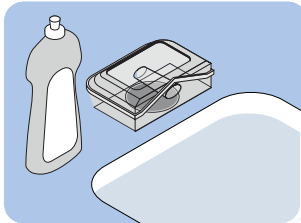
## Daily maintenance

Wash your mask (non-fabric parts) and water tank daily and before first use to keep them clean.



### Mask (non-fabric parts)

Hand wash your mask non-fabric parts in warm water with liquid dishwashing detergent. Ensure there are no air pockets present inside the mask non-fabric parts while submerged. Rinse thoroughly. Air dry completely before use. Do not use, cleaning solutions containing bleach or alcohol, or cleaning solutions containing conditioners or moisturizers.



### Water tank

Empty and clean the water tank daily to prevent mold and bacteria growth. Use a solution of warm water and liquid dishwashing detergent. Gently wash the tank and rinse it with clean water.

If you'd prefer, you can wash the tank in the dishwasher (top shelf only) with liquid dishwashing detergent.

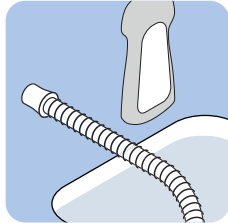
## Weekly maintenance

Wash your fabric parts and tubing weekly, and your filters every two weeks.



### Fabric parts

Hand wash your fabric parts in warm water with liquid dishwashing detergent. Rinse thoroughly and lay the fabric parts flat or line dry. Do not place the fabric parts in the dryer.



### Tubing

Disconnect tubing from the humidifier. Gently wash the tubing in a solution of warm water and liquid dishwashing detergent. Rinse thoroughly and air dry. Make sure tubing is dry before use.



### Filters

Take the reusable filter to a sink, turn it upside down, and run warm tap water through the white middle portion of the filter to rinse away any debris. Shake the filter to remove as much water as possible. Allow the filter to air dry completely before reinstalling it.

# DreamMapper

We want to ensure that you're making progress and getting the full benefit of your therapy. To make this possible, your machine has a modem that sends us important information about how much you use your device and how effectively it is helping you breathe.

Would you like to see this data, too? You can! Learn how to download the easy-to-use DreamMapper app below.



## Learning more with DreamMapper

Philips DreamMapper is a free mobile and web-based tool that lets you:



### Get results

Each morning your previous night's results, including therapy usage, mask fit and apnea hypopnea index (AHI), are available to you at your fingertips.



### Stay informed

Answers to questions about sleep apnea, your Philips Respironics equipment and many other topics are at your fingertips.



### Stay motivated

DreamMapper lets you create goals that you can track your progress towards, helping you stay motivated.



### Set reminders

Create and set reminders for important tasks, like mask, tube and filter cleaning and replacement.



### Get feedback

You'll receive feedback on your treatment and your therapy results as you continue with DreamMapper.



### Get support

DreamMapper can send information to your provider to help them give you efficient and timely support.

## It's easy to get started

DreamMapper works with your Philips mask and sleep therapy device. Simply download DreamMapper to your smartphone or tablet, or access it via your computer. It is all at [www.DreamMapper.com](http://www.DreamMapper.com).

# Your replacement schedule

The replacement schedule provided below are general guidelines for CPAP therapy equipment. Everyone's insurance replacement schedule will vary. Please check with your home care provider to determine what your insurance coverage allows.

Equipment	Schedule	My insurance plan
Mask	1 per 3 months	_____
Nasal replacement cushion	2 per month	_____
Headgear	1 per 6 months	_____
Tubing (standard or heated)	1 per 3 months	_____
Filter disposable	2 per month	_____
Filter reusable	1 per 6 months	_____
Water chamber	1 per 6 months	_____
Therapy device	1 per 5 years	_____

## Keep a record of your CPAP information

Your provider name: \_\_\_\_\_ Number: \_\_\_\_\_

Device name and serial number: \_\_\_\_\_

Humidifier serial number: \_\_\_\_\_

CPAP settings: \_\_\_\_\_ Flex (if applicable): \_\_\_\_\_ Ramp: \_\_\_\_\_

Mask name and size: \_\_\_\_\_

Setup date: \_\_\_\_\_