

# Humidity Setting Guide

Humidity can make therapy a more natural and comfortable experience for your patients. If used with a ThermoSmart™ Heated Breathing Tube\*, the F&P SleepStyle™ CPAP will provide heated humidification to keep humidity levels constant throughout the night.†

If your patient complains of any symptoms outlined below, adjust the humidity by following this guide.

Patient Symptoms	
<ul style="list-style-type: none"> <li>• CPAP air too cold</li> <li>• Dry nose, throat or mouth</li> <li>• Scratchy, sore throat or hoarse voice in the morning</li> <li>• The pressure at the mask is too intense</li> <li>• Runny or congested nose</li> </ul>	<ul style="list-style-type: none"> <li>• CPAP air too hot</li> <li>• CPAP air too wet or humid</li> <li>• The air feels stuffy or smothering</li> <li>• Water in the CPAP breathing tube</li> <li>• Water on your face in the morning</li> </ul>
<p>If the patient is complaining of any of the above symptoms, instruct the patient to <b>increase (Up ▲) the Humidity setting until the symptoms are resolved.</b></p>	<p>If the patient is complaining of any of the above symptoms, instruct the patient to <b>decrease (Down ▼) the Humidity setting until the symptoms are resolved.</b></p>


## Follow These Steps to Adjust the Humidity Settings of the F&P Sleepstyle CPAP

The humidity level of the F&P SleepStyle CPAP can be set to 0 (Off) or between 1 and 7 (On). The SleepStyle CPAP has a default humidity setting of 5. To use humidity, the water chamber has to be filled with water.‡

### To adjust humidity at any time:

1. Press **Down ▼** or **Up ▲** to scroll to the "Humidity" setting.
2. Press **OK ✓** to select "Humidity".
3. Press **Down ▼** or **Up ▲** to change the level of humidity.
4. Press **OK ✓** to accept the change.



If a ThermoSmart Heated Breathing Tube\* is connected to the device, the ThermoSmart icon  will appear on the **Patient Menu** home screen:



Note: If using without a water chamber, or where low power consumption is required, inform the patient to set the humidity level to 0 (Off).

\* Not available in all models. A ThermoSmart Heated Breathing Tube is required to activate ThermoSmart.

† Subject to the operating conditions specified in the SleepStyle Use & Care Guide.

‡ We recommend the use of distilled water.

### Warning

To avoid burns: Do not fill the water chamber with hot water as this may lead to airway burns.

SleepStyle and ThermoSmart are trademarks of Fisher & Paykel Healthcare Limited. For patent information see [www.fphcare.com/ip](http://www.fphcare.com/ip).

# Freedom in simplicity Powered by technology

- ✔ Easy-access chamber
- ✔ User-friendly menu
- ✔ Large, responsive buttons
- ✔ World-class auto algorithm
- ✔ Full range of comfort technologies
- ✔ Quiet, integrated design
- ✔ Built-in connectivity options



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