



Get support,  
every step of the way



Register through the myAir app  
available in the App Store® and Google Play™  
or online at **myAir.ResMed.com**

Download today



Patient identity and corresponding data used are fictional.

\* The myAir by ResMed app is available in English and Spanish in the US. The myAir for Canada by ResMed app is available in English and French in Canada.

† Some features of ResMed myAir are only available in the myAir app and with Air11 machines

‡ Coaching entails personalized feedback to encourage continuation of therapy. This is not a healthcare service and is not performed by licensed healthcare providers. Patients are encouraged to speak with their treating clinicians for any clinical symptoms or medical conditions.

1 Malhotra et al. "Patient engagement using new technology to improve adherence to positive airway pressure therapy: A retrospective analysis," *CHEST*, 2018; 153(4):843-850.

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myAir: Your sleep  
therapy companion

Start therapy, stay on track,  
support healthy sleep habits



Did you know?

On average, CPAP patients who used myAir were shown to use their therapy device for one hour longer than those who did not use myAir.<sup>1</sup>

myAir™

ResMed myAir™ is an online support program and app,† available for ResMed AirSense™ and AirCurve™ machines, that makes it easier to get started and comfortable with therapy.

Track your progress, access helpful resources to resolve common issues and get the encouragement you need to stay motivated.



**How to Videos and Coaching Content†**  
Get help setting up and troubleshooting your therapy



**Daily sleep score**  
View a daily snapshot of how well you slept



**Tips**  
Learn how to improve your comfort and sleep better



**Goal Tracking**  
Work toward a nightly therapy usage goal and easily track progress and celebrate reaching milestones along your therapy progress



**Apple Health and Google Health Connect integration**  
Connect your own health data and view alongside therapy trends



**Share Progress**  
Care Check-In checks in with you on how you are feeling with therapy and offers tailored support if you are experiencing any challenges



**Reports**  
Generate a sleep therapy report summarizing the past 30, 90 and 365 days

Air11™ users also get access to features like Personal Therapy Assistant† that helps guide you through equipment setup and get comfortable with therapy, and Care Check-In,† which offers personalized support based on your unique needs.

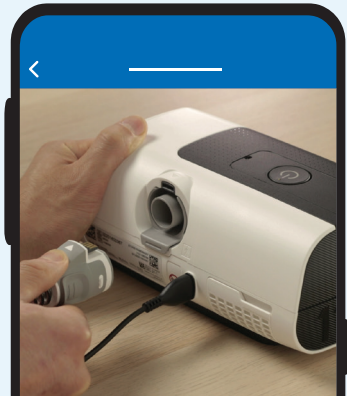
# HELPING YOU SUCCEED WITH CPAP THERAPY

**1** Download the myAir app

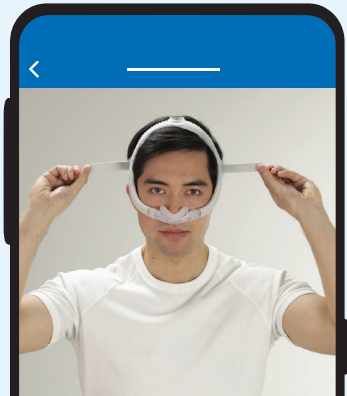


Available for Apple Watch, Samsung Galaxy Watch, and other WearOS-supported smartwatches

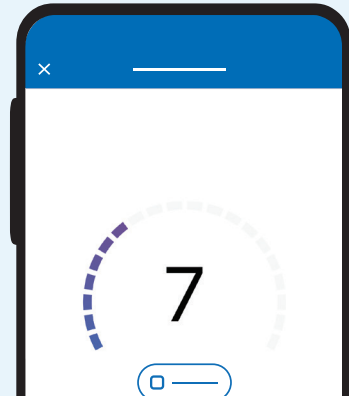
**2** Watch machine setup videos



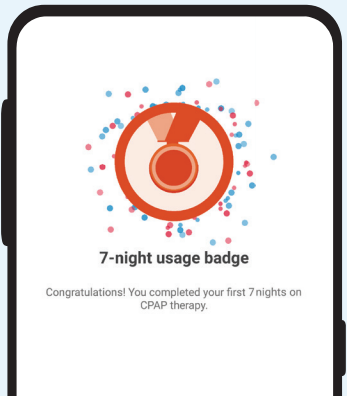
**3** Follow interactive mask setup videos



**4** Try therapy with Test Drive†



**5** Set a usage goal and track your therapy progress.



**6** View health insights by integrating with Apple Health and Google Health Connect

