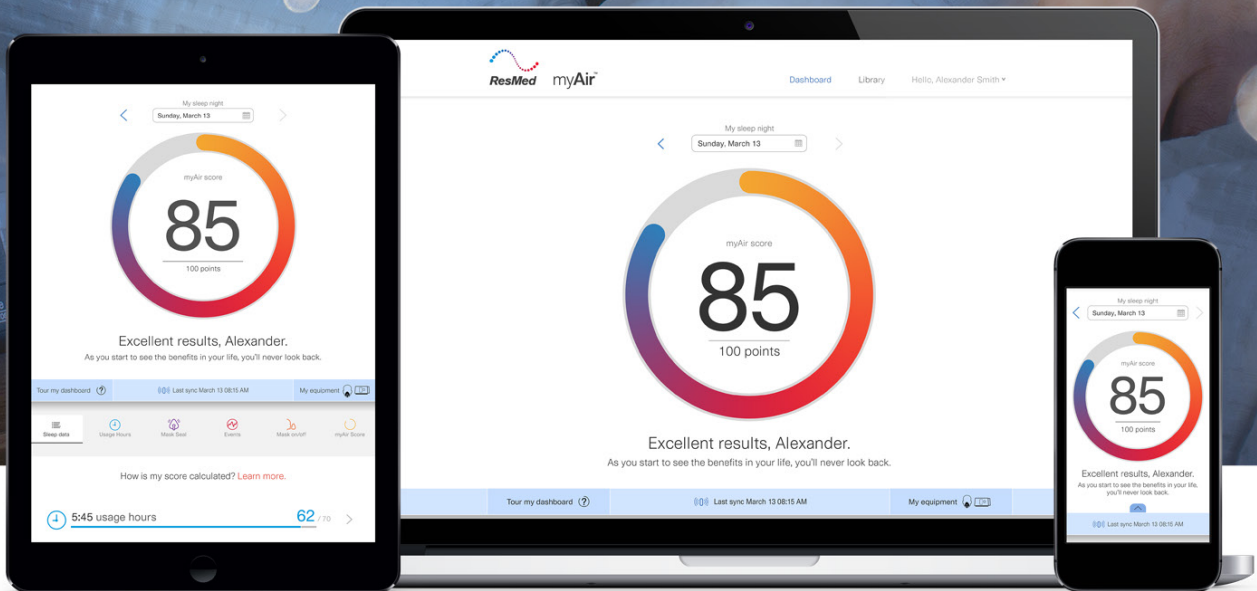# Empowering patients through therapy self-management

myAir is a free online support program and app that is available to ResMed AirSense™ 10 and AirCurve™ 10 users. It automatically sends a patient's CPAP machine data in the form of a daily myAir score to their computer or smartphone. By allowing patients to track their nightly sleep data and through tailored coaching, myAir empowers patients to stay engaged with therapy – an important part of helping them stay compliant long term.
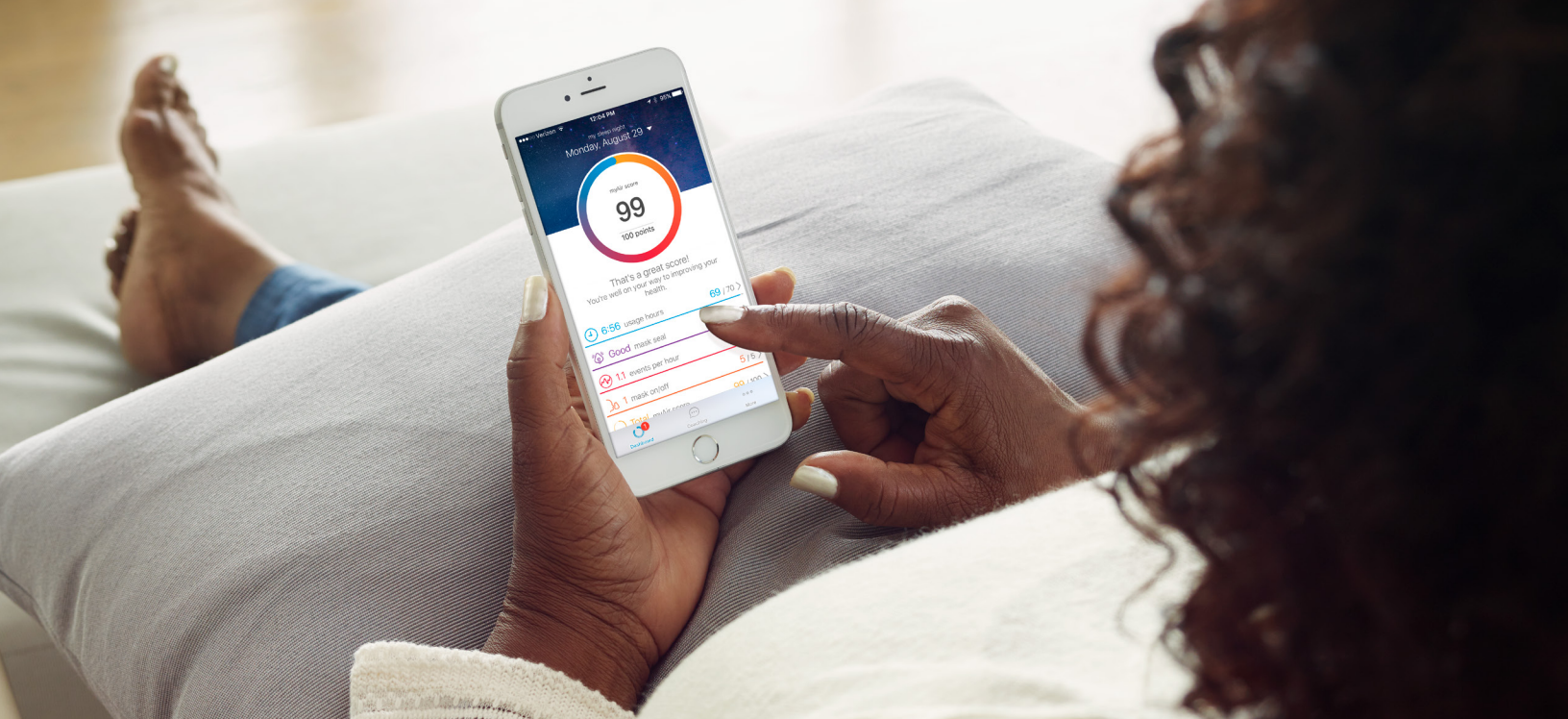
Full-time support

myAir™ provides a seamless therapy self-management solution, with no modules for you to keep track of or card downloads for your patients to worry about. Therapy data is automatically synced to the cloud shortly after patients wake up, helping provide timely feedback on their progress. And with myAir answering many of your patients' most common questions, giving them the full-time support needed to stay compliant has never been easier.

User-friendly for patients

Once patients register, they can log in and start receiving a nightly myAir score,[1] tailored coaching and education. The myAir web page is easy to navigate and automatically resizes to provide an optimal user experience on all supported devices.

myAir for Air10™ by ResMed app

The myAir app is a convenient way for patients to log in and get all the features of myAir on their iPhone, including sleep data, tailored videos and guides. The app is available for download in the App Store in the US.

More patients are compliant with myAir and AirView

87% of PAP users were compliant

Online self monitoring tools that engage patients can significantly improve compliance and adherence to treatment. An observational study of 128,000 new PAP users found 87% were compliant when using myAir and monitored with AirView™ vs. 70% when monitored with AirView alone.[2]

myAir dashboard

The first thing patients see after logging in each morning is their myAir score. Below the score is detailed information used to calculate the score and give users greater insight into the progress of their therapy.

Usage hours (70 points)

Based on the number of hours the patient used the device.

Mask leak (20 points)

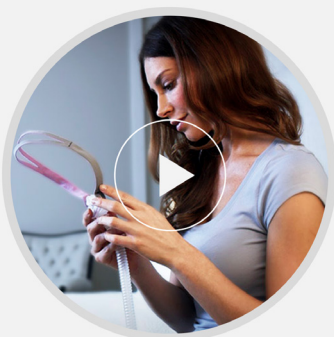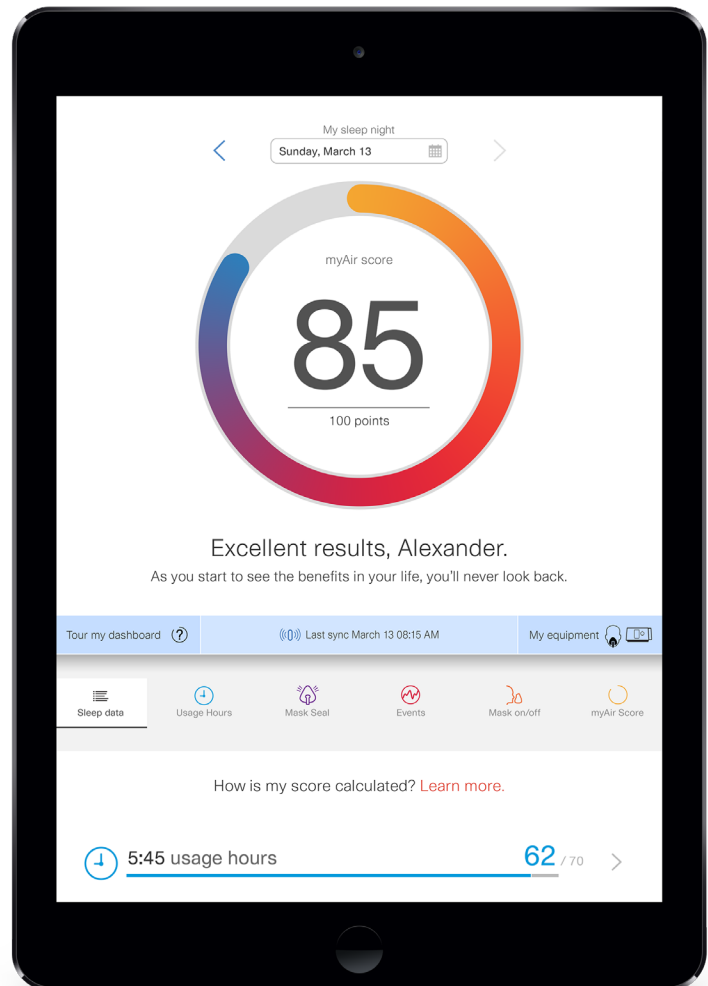Based on the amount of leak and the patient's mask type.

Events per hour (5 points)

Based on the patient's apnea–hypopnea index (AHI).

Mask on/off events (5 points)

Based on the number of times a patient removed his or her mask.

My sleep night
Sunday, March 13

myAir score

85
100 points

Excellent results, Alexander.
As you start to see the benefits in your life, you'll never look back.

Tour my dashboard · Last sync March 13 08:15 AM · My equipment

Sleep data · Usage Hours · Mask Seal · Events · Mask on/off · myAir Score

How is my score calculated? Learn more.

5:45 usage hours   62 / 70

Sleep Library

myAir includes a library of videos and guides tailored to each patient's specific therapy equipment. They show patients how to adjust humidification and other device comfort-settings, how to clean and maintain their equipment, how to fit the ResMed mask they've specified and other useful tips for adjusting to therapy.

myAir outreach

Patients can choose to receive emails and/or text messages with suggestions on ways to improve their experience with therapy. These messages often include a video link that provides detailed therapy tips to help them stay on track.

Timed messages

All patients receive a series of messages over the first 60 days of therapy. These messages were created by experienced clinicians and based on patient feedback to ensure they are both meaningful and well-timed. They provide encouragement and tips for addressing common therapy challenges.

Event-based messages

myAir also sends six different types of messages based on patients' unique therapy and usage data uploaded to the cloud from their AirSense™ 10 or AirCurve™ 10 device.

Praise messages are sent at different intervals based on the patient's progress. They encourage all patients to increase usage until they reach 6+ hours per day.

Leak alerts are sent when leak thresholds are exceeded and provide tips for correcting leak and mask fit issues.

Alert messages are sent when usage is low, providing encouragement and tips for increasing usage.

AHI alerts inform patients that their AHI remains too high and encourages them to contact their provider or clinician.

Badges encourage CPAP compliance and are awarded to patients who reach certain therapy milestones.

No data alert messages are sent when myAir does not receive data from the device for five out of seven days. Suggestions to correct the issue are provided.

Getting started

For more information about myAir, patients can visit **ResMed.com/myAir**.