

# RESMED

## CPAP and changing pressure needs

Standard CPAP devices deliver a constant pressure that never changes. Your doctor determines what pressure setting you need to keep your airway open during sleep. However, your pressure needs can vary from night to night, and even from hour to hour depending on sleep position, seasonal allergies, weight gain or loss and other factors. So the one constant pressure of CPAP may not always be the most comfortable.



## ResMed's S9 AutoSet—an intelligent approach to CPAP treatment

AutoSet therapy is slightly different than standard CPAP because it uses sophisticated technology to evaluate your breathing and automatically adjust pressure based on your body's needs.

Studies have shown that people using AutoSet end up receiving lower average pressures overall, although it is just as effective as regular CPAP. Lower pressures are typically more comfortable for people to breathe against, and many users find AutoSet easier to adjust to.<sup>5-6</sup>

## A positive therapy experience

Whether you've recently been diagnosed with sleep apnea or have been on therapy for a while, it's important to use it regularly to get the most benefit out of treatment. The S9 AutoSet combines sophisticated technologies and user-friendly design for the most comfortable, effective therapy experience.



For the best results, pair the S9 AutoSet with a ResMed FX mask for a stylish, comfortable system that fits your lifestyle.

- 1 Young et al. *New Engl J Med* 1993
- 2 Young et al. *Am J Respir Crit Care Med* 2002
- 3 Redline. Personal correspondence to Dr. Peter Farrell, 2011
- 4 Am Academy of Allergy, Asthma & Immunology 2005
- 5 Colish et al. *Chest* 2012
- 6 Barbé et al. *Respir Crit Care Med* 2010
- 7 Monahan and Redline. *Curr Opin Cardiol* 2011
- 8 Pallayova et al. *Cardiovasc Diabetol* 2010
- 9 Sharma et al. *New Engl J Med* 2011
- 10 Avlonitou et al. *Sleep Breath* 2012

**S9™** Series  
More. Comfort.

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## Welcome to a better night's sleep



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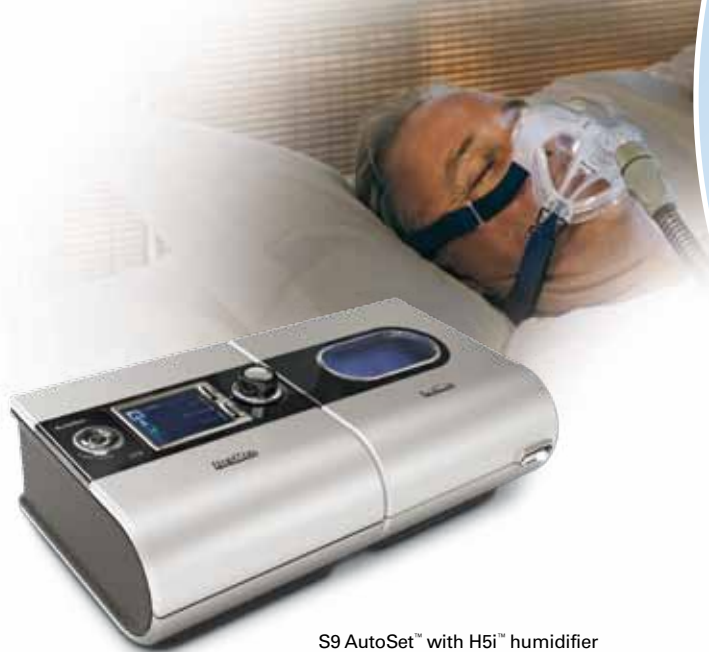
reddot design award  
winner 2010

## You are not alone

Approximately one in four US adults suffer from sleep apnea, making it as common as diabetes or asthma.<sup>1-4</sup> People with sleep apnea rarely experience deep, refreshing sleep and are vulnerable to serious health conditions, like high blood pressure, type 2 diabetes, obesity and heart disease.<sup>5-9</sup>

## The benefits of treatment

The benefits of treating sleep apnea are priceless. Effective treatment can improve health conditions like high blood pressure, heart disease and diabetes, give you more energy and let you feel like yourself again.<sup>5-9</sup> It can also relieve symptoms like memory loss, difficulty concentrating and morning headaches, to name just a few.<sup>10</sup>



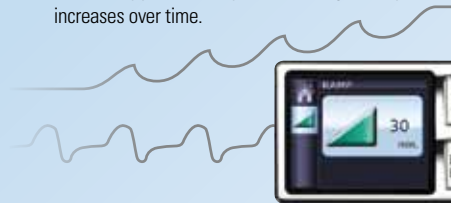
S9 AutoSet™ with H5i™ humidifier and Quattro™ FX full face mask

## Additional AutoSet™ comfort features

The S9 AutoSet includes a number of other features to help improve your comfort and make your therapy a positive, easy-going experience.

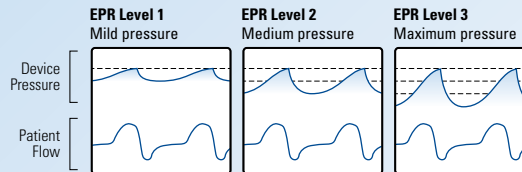
### Adjustable Ramp

Designed to make it easier to fall asleep, Ramp lets you start therapy at a lower pressure that gradually increases over time.



### Expiratory pressure relief (EPR™)

EPR lowers pressure on exhalation so that breathing feels more natural. EPR may be set to a level of 1, 2 or 3, depending on how much pressure relief you prefer.



### Whisper-quiet operation

ResMed's AutoSet devices have a unique motor that reduces noise to a whisper so as not to disturb you or your sleeping partner.



### Intelligent humidification with Climate Control

Climate Control combines an intelligent algorithm and heated ClimateLine™ tube to automatically adjust to the temperature and humidity in your environment to ensure the best humidity level, prevent nasal dryness and reduce condensation in your mask tube.

