

AUTOSET SPIRIT™

RESMED

efficacy
monitoring
flow limitation
compliance
data collection



RESMED AUTOSET SPIRIT— A POSITIVE LOOK AT YOUR FUTURE



Using Your ResMed AutoSet Spirit Every Night You Can Look Forward To:

- A great night's sleep for both you and your partner – that annoying and disturbing snoring is reduced or eliminated
- Waking up feeling refreshed and relaxed
- Renewed daily vitality and vigor – giving you the energy and motivation to fill your day doing all the things you want to do
- Comfortable breathing at the lowest pressure giving fewer side effects
- Becoming one of the thousands of users who benefit night and day from ResMed's AutoSet Advantage™



RESMED AUTOSET SPIRIT— A POSITIVE FUTURE

Now that you have been diagnosed with OSA, you and your partner can look forward to better sleep and a return to your normal lifestyle. Soon you'll be feeling a renewed sense of vigor and vitality. Choosing the correct machine is an important decision that requires careful consideration.

**NOT ALL OSA
TREATMENT DEVICES
ARE THE SAME!**

During The Night & Into The Future, Your Sleep Patterns Change

Because your sleep patterns are continually changing, your pressure needs are changing too. A fixed-pressure CPAP forces air out at the maximum pressure you require, even though you may only need this high pressure for a small part of the night. It is, therefore, best that you have a machine that can adapt to these changes.

The AutoSet Spirit is very different. It continuously adjusts the air pressure to the level you require on a breath-by-breath basis. This means you are receiving very effective treatment with greater levels of comfort.

What affects your breathing patterns

During the night

- Different sleeping positions
- As you change from light sleep to deep sleep and back

Into the future

- Lifestyle – degree of tiredness, stress, alcohol
- Putting on or losing weight
- Day to day variations in your sleep requirements

In choosing the ResMed AutoSet Spirit, you can be confident you are choosing a machine that is built on the success and experience of thousands of patients who have benefited from ResMed's effective and patented AutoSet® algorithm.

THE AUTOSET ADVANTAGE— GREATER COMFORT WITH EVERY BREATH

The AutoSet Spirit uses patented flow-limitation technology to continuously monitor your upper airway throughout the night. This technology allows the AutoSet Spirit to deliver lower treatment pressures – only giving you the pressure you need when you need it.

Preemptive Response – The Key to Lower Pressures & Comfort

The AutoSet Spirit works preemptively to maintain an open airway rather than forcing a closed airway open. Over the course of a night, this significantly reduces the pressure yet still improves your sleep quality and your vitality and energy during the day.

With lower pressure comes more comfortable breathing and fewer pressure-related side effects (including lower noise and mask leak), which leads to greater long-term comfort.

The AutoSet Spirit does all this by using unique technology that responds to your breathing and to any problems you are experiencing, like snore and apnea. Using a patented algorithm, this unique technology has been prescribed by hundreds of clinicians and used by thousands of patients. In clinical trials, it has been proven to be safe and effective. We believe this technology has provided a major step forward in the treatment of OSA by increasing patient comfort.

Getting To Sleep Isn't Always Easy

The AutoSet Spirit features Settling Time to make it less difficult. This means AutoSet Spirit starts at a low pressure level, slowly increasing to the necessary level when you are asleep.

If you need to get up in the night, the SmartStart® option senses when you have removed the mask and automatically turns the machine off. Once you replace the mask and take a breath, it gently commences again. This simply means you don't have to fumble in the dark for the control panel.



AutoSet Spirit with HumidAire® 2i

HUMIDAIRE 2i FOR ADDED COMFORT

The addition of a humidifier can make your treatment more comfortable. Warm, moist air will prevent your airway from drying and can offer reduced nasal airway resistance. A humidifier can also help with a reduction in minor mouth leaks to make your treatment more effective. The AutoSet Spirit offers a fully integrated humidifier for space, convenience, and comfort.

A Fully Integrated Humidifier



The AutoSet Spirit has a humidifier as a module you can purchase separately if you decide you need it, keeping start-up costs to a minimum. The HumidAire 2i fits neatly onto the AutoSet Spirit, forming one compact unit that is small and

portable. It maximizes bedside space and eliminates the need for extra tubing or power cords. There is a large, easy-to-use control dial so you can change the humidity – even in the dark. To make movement simple, the HumidAire 2i features a patented spill-back mechanism so you don't need to worry that water will get into the device. To give you even greater ease of movement around the home or when traveling, a handle is positioned for maximum balance. Because the HumidAire 2i clips in and out of the device, cleaning is simple and easy.

How About Some Support During The Day?

Because treatment occurs while you're sleeping, it can be difficult to know just how much help you are getting. The AutoSet Spirit is the only machine that will give you support each day by telling you this. The LCD readout panel displays Smart Data™. This information will tell you how much help AutoSet Spirit gave you during the night. It tells you the air pressure delivered, amount of mask leak, and hours of use. This is all tangible evidence of the benefits of treatment. It also allows you to do your own troubleshooting for minor problems so you are always getting the best from your treatment. Smart Data gives you confidence in your treatment and more effective use of your machine and mask.

Additional Support

A diary is available with the AutoSet Spirit to help you record your Smart Data, as well as some of your own thoughts on your treatment, how you feel and how you're progressing. It's important that you fill in this diary, as it is a good record of the benefits of treatment and is tangible evidence of your improvement. It can also assist your clinician in adjusting your treatment so that you always receive the very best of care.



RESMED MASKS – LEADERS IN COMFORT & EFFECTIVENESS

A well fitting and comfortable mask is essential for you to get the best from your treatment. You can rest assured that ResMed's Mirage® and Ultra Mirage™ masks are among the best you can purchase. They are small, lightweight, and quiet. They are designed to fit comfortably, with special attention being paid to the fit and comfort across the bridge of the nose. A soft silicone cushion adapts to the shape of your face and forms a secure seal that works against leak.

If you breathe through your mouth as well as your nose while sleeping, you may wish to consider the benefits of a Mirage Full Face Mask.

The Optimal Combination

In choosing from the Mirage or Ultra Mirage Mask ranges, you can be confident that your mask and machine combination has been designed to deliver optimal and comfortable therapy.



Ultra Mirage Mask



Mirage Full Face Mask

AutoSet Spirit – The Flexible & Affordable Solution

The AutoSet Spirit, with its flexible, modular system, takes risk out of purchasing the correct machine for you. Rest assured you're starting with the best, a ResMed AutoSet machine at a more affordable price.



And What About Your Future Needs?

In addition to the HumidAire 2i, the modular design of the AutoSet Spirit allows for additional accessories to be integrated with your therapy as your needs change and as advances in technology become available. You can be confident your clinician and distributor have the information and tools to modify your treatment and provide appropriate counseling to improve your therapy, if needed.

GLOSSARY OF TERMS

AUTOSET SPIRIT

Next generation product for the treatment of OSA utilizing clinically proven AutoSet technology with integrated humidifier.

AIRWAY

Passage through which air passes from the nose and mouth to the lungs.

AUTOSET ALGORITHM

Patented software that enables the machine to partner you in breathing and automatically adjust to your individual needs.

APNEA

An apnea occurs during breathing when your air flow is either severely limited or obstructed entirely.

AUTOMATIC ALTITUDE COMPENSATION

You need more air pressure at higher altitudes. Your AutoSet Spirit automatically adjusts to compensate no matter where you are.

AUTOMATIC LEAK ADJUSTMENT

The AutoSet looks for the amount of mask leak during your sleep. Leak results in loss of pressure. The AutoSet Spirit will increase pressure if leak occurs.

AUTOSET ADVANTAGE

Term used for the range of benefits AutoSet technology provides, such as breathing comfort and continual pressure adjustments.

CPAP

Stands for Continuous Positive Airway Pressure.

FIXED PRESSURE CPAP

Device that is only capable of delivering a set prescribed pressure.

FLOW LIMITATION

Technical term referring to the degree the airway is obstructed (limited).

HUMIDAIRE 2i

The compact, modular humidifier specifically designed for the AutoSet Spirit. It clips neatly onto the front for total integration.

HUMIDIFICATION

The process of moistening and warming the air for comfort.

LCD

The display panel on top of the machine that carries information.

LEAK

Escape of air from the mask. This leads to loss of pressure and may also decrease comfort.

MASK

Worn over your nose or nose and mouth to deliver treatment pressure (also see Mirage Mask and *Ultra* Mirage Mask).

MIRAGE MASK

ResMed's popular mask range consisting of a mask frame providing comfort and secure air seal. Available in both nasal and Full Face Mask versions.

OSA

Obstructive Sleep Apnea.

***Ultra* MIRAGE MASK**

ResMed's premium mask system with additional features for comfort.

AT A GLANCE – KEY PRODUCT FEATURES OF THE AUTOSET SPIRIT

AutoSet Spirit

MODE OF OPERATION

AutoSet	✓
Fixed CPAP	✓

PRODUCT FEATURES

SmartStart	✓
Mask Fit Function	✓
Leak Detection	✓
Adjustable Settling Time	✓
Automatic Leak Adjustment	✓
Automatic Altitude Adjustment	✓
International Voltage	✓
Carry Bag	✓

DATA STORAGE

Smart Data (Pressure, mask leak and hours of use)	✓
Hour Meter	✓

DATA TRANSFER

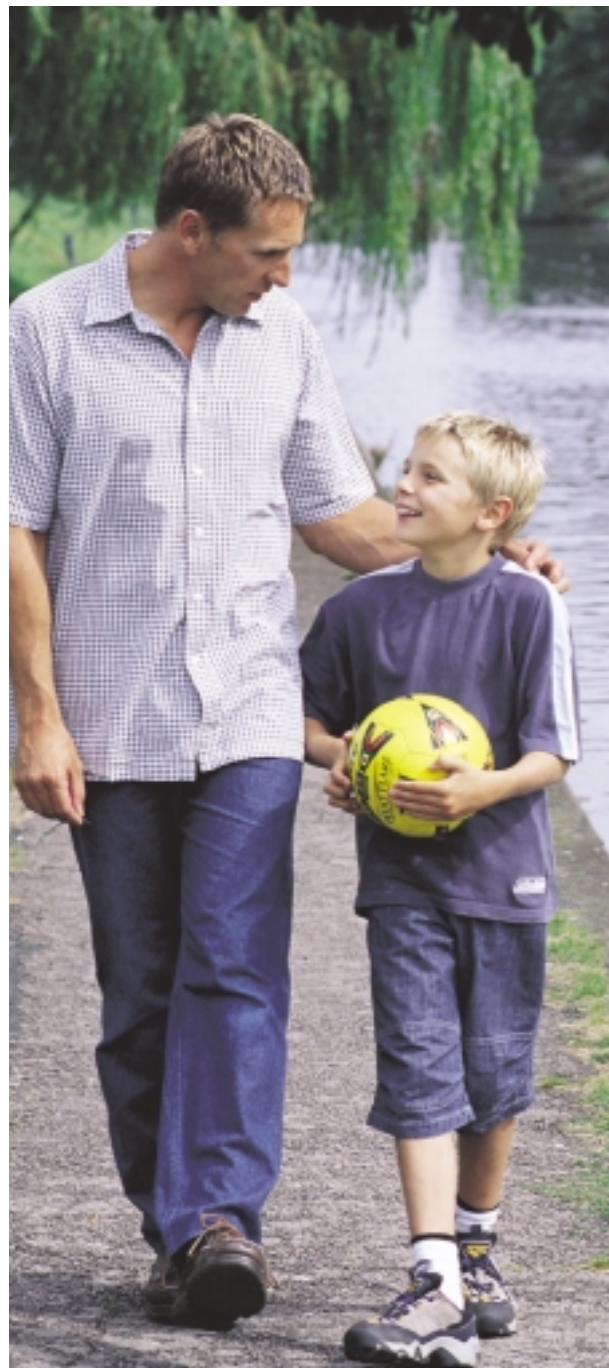
Direct download to PC	✓
Modem download	✓

HUMIDIFICATION

HumidAire 2i (Optional)	✓
Compatible with HumidAire	✓
Compatible with ResMed Passover	✓

MASK COMPATIBILITY

ResMed <i>Ultra</i> Mirage Mask	✓
ResMed Mirage Mask	✓
ResMed's Modular Mask System	✓
ResMed Full Face Mask	✓
ResMed Protégé Mask System	✓



AutoSet® Spirit™

RESMED

www.resmed.com

AutoSet Spirit is protected by: AU 691200, AU 697652, AU 709279, AU 724589, AU 730844, AU 731800, AU 736723, AU 741687, EP(DE,FR,GB) 0661071, US 4944310, US 5199424, US 5245995, US 5522382, US 5704345, US 6029665, US 6138675, US 6152129, US 6240921, US 6279569, US 6363933, US 6367474, US 6398739. Other patents pending. Designs registered: AU 147283, AU 147335, AU 147336. Other designs pending.

ResMed, AutoSet, AutoSet Spirit, AutoSet Advantage, HumidAire, SmartStart, Smart Data, Mirage, Ultra Mirage and Protégé are trademarks of ResMed Ltd.

14040 Danielson Street Poway CA 92064-6857 USA

Tel +1 (858) 746 2400 or 1 (800) 424 0737

Fax +1 (858) 746 2900

Internet <http://www.resmed.com>

Email usreception@resmed.com

©2002 ResMed

P/N 101835/I 02 07