Welcome to Smart Data!

The Smart Data™ feature in ResMed’s AutoSet™ and CPAP devices provides feedback on your treatment. We believe that using Smart Data to record your treatment details and track your progress will enhance your understanding of your treatment and help make it a success.

Notes
• Your clinician will have set your device to display either the Standard menu or the Detailed menu.
• The illustrations in this Smart Data diary are indicative only and may not accurately represent your device.
• Smart Data may not be available on all devices. See your clinician for further details.

Introduction to Smart Data

You can view up to three types of Smart Data, depending on what options your physician has set:
• Mask Fit
• Pressure
• Usage.

Mask Fit

What is Mask Fit?

Mask Fit tells you how well your mask is fitting by measuring the amount of mask leak during your previous session of sleep.

Interpreting your results …
The results for Mask Fit range from:

- Excellent
- Very Good
- Good
- Poor
- Very Poor

The higher the rating, the better the fit and, therefore, the more effective your treatment will be.

Ideally, a five star (***** ) rating is what we wish you to have every night, but realistically, we know ratings can vary from no star (− ) one night, to five stars (***** ) the next. This could be due to a number of factors and is a reflection of the variable nature of individual sleep patterns.

Tip
To make sure you keep receiving the best treatment possible, use the Mask Fitting feature every night before you sleep. See your User’s Manual for full details.

Pressure

What is Pressure?

The Pressure value displayed is the 95th centile level of the air pressure delivered during your previous session of sleep. This means the pressure you received for 95% of the night was at or below this level.

Interpreting your results …
If you have an AutoSet flow generator operating in AutoSet mode, your pressure changes throughout the night, so your pressure value may vary each session.
If you have a CPAP flow generator; your pressure is fixed, so your pressure value should be the same each session.

Usage

What is Usage?

Usage measures the total number of hours you were treated in your previous session of sleep.

Interpreting your results …
Your usage result is given in hours. There are no correct or incorrect values for usage. It shows you how long you were being treated.

Note
Since Smart Data is reset daily at midday, we recommend you view your results in the morning following your session.

How to View your Smart Data

You can view your Smart Data on the LCD screen by:
• restarting your machine, or
• moving through the menus (Detailed menu only).

Viewing Smart Data by restarting your machine (Auto Appear ON)

With Auto Appear set to ON, your Smart Data results will appear on the LCD screen each time you restart your machine.
Note
Auto Appear may not be available on your device. See your clinician for further details.

Restarting your machine to view Smart Data

1. Turn off the power to your machine. Turn on the power again.

2. First the Welcome screen appears.

3. Then the first screen of your Smart Data appears. Press the Down key to scroll through the other options available.

You can remove the Smart Data from your screen by pressing the Right key (exit) anytime.
Your Smart Data will be visible for 30 minutes after restarting. After 30 minutes, your Smart Data can be viewed by repeating Step 1 or by moving through the menus.

If you need to turn Auto Appear OFF or ON (Detailed menu only)

1. In standby mode (Ramp or Settling screen), press the Left key (menu).

2. In the Settings screen, press the Down key twice.

3. In the Options screen, press the Left key (enter).

4. In the Smart Data screen, press the Left key (enter).

5. To change Auto Appear to OFF or ON, press the Left key (change).

6. Press the Up or Down key to set Auto Appear to OFF or ON.

7. To confirm this change, press the Left key (apply).

8. Auto Appear should now be set to OFF or ON. To leave the menus, press Right key (exit) three times.

Viewing Smart Data by moving through the menus (Detailed menu only)

1. In standby mode (Ramp or Settling screen), press the Left key (menu).

2. In the Settings screen, press the Down key.

3. In the Options screen, press the Left key (enter).
In the Results screen, press the **Left** key (enter). If required, press the **Down** key to enter the main *Smart Data* screen.

In the main *Smart Data* screen, press the **Left** key (enter).

Your *Smart Data* results appear. Press the **Down** key to view your results.

After viewing all your data, the main *Smart Data* screen reappears.

To leave the menus, press the **Right** key (exit) twice.

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**Recording your Progress**

**Each day**

1. Fill in the Mask Fit Star Rating box. For example, if your screen is displaying 3 stars, circle 3 stars in the Mask Fit Star Rating box.

2. Fill in the Pressure box. Record your pressure value from the screen.

3. Fill in the Usage box. Record your usage time from the screen.

4. Circle a number from 1 (very poor) to 5 (excellent) that best represents your:
   - Quality of sleep
   - Comfort of treatment
   - Daytime alertness.

5. Record any points you, your partner or carer wishes to note down in the "Comments" section. These may help when reviewing your treatment in the future.

The next page has an example of a completed logbook entry.
### Sample Diary Recording

<table>
<thead>
<tr>
<th>Date</th>
<th>Mask Fit</th>
<th>Pressure</th>
<th>Usage</th>
<th>Quality of Sleep</th>
<th>Comfort of Treatment</th>
<th>Daytime Alertness</th>
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<td>12.4 cmH₂O</td>
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### Comments

**28/5/04**

- **29 May** – Didn’t sleep well last night. The mask is sometimes a bit tight. But then when I loosen it, the mask leaks air into my eyes. I’m going try to adjust the other straps next time.

- **31 May** – It now doesn’t leak as much since adjusting the straps.

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1 (*) = Very Poor  4 (****) = Very Good
2 (**) = Poor       5 (*****) = Excellent
3 (***) = Good
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Personal Details

Name:

Machine model:

Humidifier model:

Mask model:

Cushion size:

Headgear:

Physician:

Physician’s Contact Number:

Manufactured by:
ResMed Ltd 1 Elizabeth MacArthur Drive Bella Vista NSW 2153 Australia
Tel: +61 (2) 8884 1000 or 1 800 658 189 (toll free) Fax: +61 (2) 8883 3114 Email: reception@resmed.com.au

ResMed Offices:
ResMed Corp 14040 Danielson Street Poway CA 92064-6857 USA
Tel: +1 (858) 746-2400 or 1-800-424-0737 (toll free) Fax: +1 (858) 746-2900 Email: reception@resmed.com

ResMed (UK) Ltd 65 Milton Park Abingdon Oxfordshire OX14 4RX UK
Tel: +44 (1235) 862 997 Fax: +44 (1235) 831 336 Email: reception@resmed.co.uk

ResMed Asia Pacific Ltd 97 Waterloo Road North Ryde NSW 2113 Australia
Tel: +61 (2) 9886 5000 or 1 800 991 900 (toll free) Fax: +61 (2) 9889 1471 Email: reception@resmed.com.au

ResMed Finland Niittykatu 6 FIN 02200 Espoo Suomi
Tel: +358 9 8676820 Fax: +358 9 86768222 Email: reception@resmed.fi

ResMed GmbH & Co. KG Rudolfstraße 10 D-41068 Mönchengladbach Deutschland
Tel: +49 (0) 2161-3521-0 (Reception), +49 (0) 180 22 22 688 (Service-Telefon; 0.06 s/Anruf), +49 (0) 180 22 22 688 (Wartungstelefon 0.06 s/Anruf) Fax: +49 (0) 2161-3521-1499 Email: reception@resmed.de

ResMed Hong Kong Ltd Room 1714 Miramar Tower 132-134 Nathan Road Tsim Sha Tsui Hong Kong
Tel: +852 2366 0707 Fax: +852 2366 4546 Email: reception@resmed.com.hk

ResMed Japan Nihonbashi Hisamatsu Bldg. 4F 2-28-1 Nihonbashi-Hamacho Chuo-Ku, Tokyo 103-0007 Japan
Tel: +81 (3) 3662 5056 Fax: +81 (3) 3662 5040

ResMed Malaysia Sdn Bhd Suite E-10-20, Plaza Mont Kiara No. 2, Jalan 1/70C, Mont Kiara 50480 Kuala Lumpur Malaysia
Tel: +60 3 6201 7177 Fax: +60 3 6201 2177 Email: reception@resmed.com.my

ResMed NZ Ltd PO Box 51-048 Pakuranga Auckland New Zealand
Tel: +64 0800 737 633 (NZ toll free) or +64 274 737 633 Fax: +64 0800 737 634 (NZ toll free) or +64 9 239 0193 Email: reception@resmed.co.nz

ResMed SA Parc de la Bandonnière 2 rue Maurice Audibert 69800 Saint-Priest France
Tel: +33 (0) 4 37 251 251 Fax: +33 (0) 4 37 251 260 Email: reception@resmed.fr

ResMed Singapore Pte Ltd 238A Thomson Road # 12-03/04 Novena Square Tower A Singapore 307684
Tel: +65 6284 7177 Fax: +65 6284 7787 Email: reception@resmed.com.sg

ResMed Spain SL C/ Arturo Soria, 254 28033 Madrid España
Tel: +34 (93) 590 8154 Fax: +34 (93) 590 8153 Email: angelo@resmed.es

ResMed Sweden AB Industrigatan 2 S-461 37 Trollhättan Sverige
Tel: +46 520 420 110 Fax: +46 520 397 15 Email: reception@resmed.se

Labhardt AG Thannerstrasse 57 CH-4054 Basel Schweiz
Tel: +41 (061) 307 9711 Fax: +41 (061) 307 9722 Email: info@labhardt.ch

US DESIGNATED AGENT: ResMed Corp
EU AUTHORISED REPRESENTATIVE: ResMed (UK) Ltd

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