



ResMed

Sleep apnoea
treatment is easier
when you self-monitor
with myAir™



myAir™





Get actively involved in your therapy with myAir

Use your desktop or smartphone to connect your CPAP machine to this web application — free of charge! myAir captures valuable data, and shows you how well you slept each night. It coaches you, too, so you can learn and improve as you progress.



myAir score

View a daily snapshot of how well you slept



Badges

Celebrate reaching milestones in your CPAP treatment



Tips

Get timely emails or text messages to learn ways to improve your comfort and sleep better



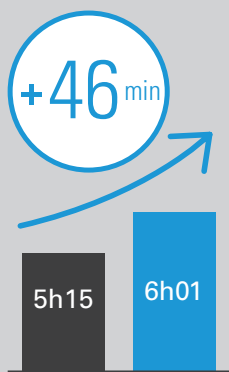
Alerts

Be notified if something is wrong with your mask or machine, and get tips for fixing it

It's like having your own personal sleep coach!

Therapy made easier

Recent research shows that people who use myAir stay on therapy longer every night. They're also more likely to stick with their therapy¹.



Usage over the studied 3 month period:

6h01 average
for patients on myAir
5h15 average
for other patients



76% of myAir users achieve **average adherence** of **> 4 h per night***

Join forces with your healthcare professional

The sleep data from your machine syncs to a secure cloud², enabling your healthcare professional to also access your information using a remote monitoring system called AirView™.

When your care provider uses AirView, and you use myAir, you're speaking the same language. That makes therapy follow-up more focused and efficient.



Sign up for free at
myAir.ResMed.eu



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“The myAir website has great information that’s helped me reach my sleep goals.”

– Andrew J., Broken Arrow, OK

“I never thought sleeping could be so fun.”

– Michael L. Bluefield, WV

“So user-friendly.”

– Jorge T., Harlingen, TX



myAir is free with your ResMed AirCurve™ and AirSense™ machines.

Sign up at myAir.ResMed.eu

- * You're considered compliant with CPAP therapy if you use your device for at least 4 hours per night.
- 1 Price Waterhouse Coopers. Empowering the sleep apnoea patient. A study of how myAir users behave better. 2016
- 2 ResMed. IT security briefing document. 2016

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