ResMed

ResMed **Air** Solutions

AutoSet technology

As part of ResMed Air Solutions' holistic approach to sleep therapy, ResMed introduces the ground-breaking female-specific AutoSet™ for Her algorithm to address the needs of women with obstructive sleep apnea (OSA).

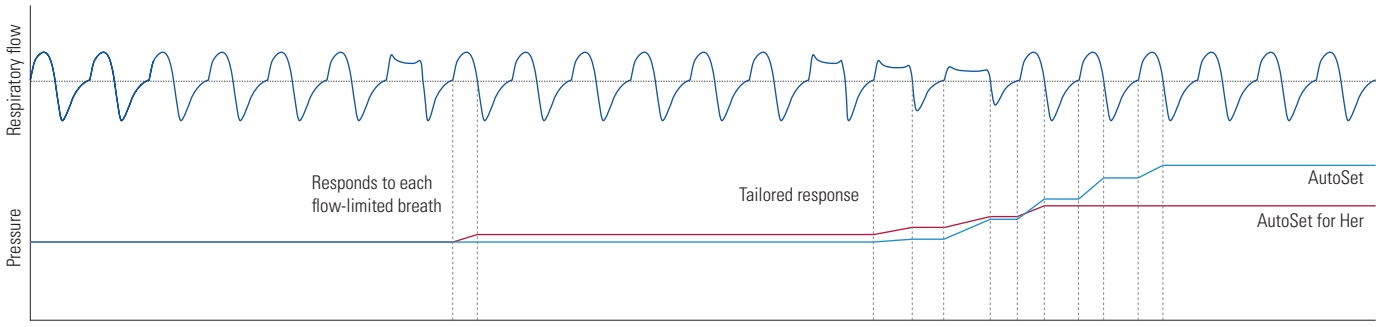
Unique treatment for women

Men and women are different in many ways – and it's no different when it comes to their OSA symptoms and characteristics.

Research has shown that women take longer than men to fall asleep[1], have greater flow limitations and more frequent arousals during sleep than men.[2,3] They also may not necessarily snore, and tend to have fewer and shorter apneas or hypopneas[4], as well as a lower apnea–hypopnea index (AHI) than men.[4] But despite all this there has never been a complete therapy solution designed especially for women … until now.

To support you and your female patients, ResMed Air Solutions presents the AutoSet for Her algorithm – the first dedicated algorithm tailored to respond to female-specific characteristics of sleep-disordered breathing.

To address the higher instances of flow limitation in women with OSA, the AutoSet for Her algorithm is more sensitive than non-female specific algorithms. By detecting flow limitation as early as possible, the AutoSet for Her algorithm can apply pressure changes steadily and comfortably throughout the night – for minimal disturbance to her sleep.



The sensitive AutoSet for Her algorithm: tailoring therapy to women with OSA.

The female-specific algorithm is available in the AirSense 10 AutoSet for Her therapy device.

1 Lin CM, Davidson TM, Ancoli-Israel S. Gender differences in obstructive sleep apnea and treatment implications. *Sleep Med Rev* 2008;98(10):984-9
2 Callop N, Cassel DK. Snoring and sleep disordered breathing. *Sleep Medicine.* Lee-Chiong T Jr SM, Carskadon M, Editor. 2002 Hanley & Belfus: Philadelphia. 349-355.
3 Mihai V, Rusu G and Mihaescu T. Demographic, clinical and polysomnographic differences between men and women. *Pneumologia* 2010; 59(2):64-7
4 O'Connor C, Thornlye KS and Hanly PJ. Gender differences in the polysomnographic features of obstructive sleep apnea. *Am J Respir Crit Care Med* 2000;161(5):1465-72

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ResMed Air Solutions also offers further enhancements to its renowned AutoSet technology.

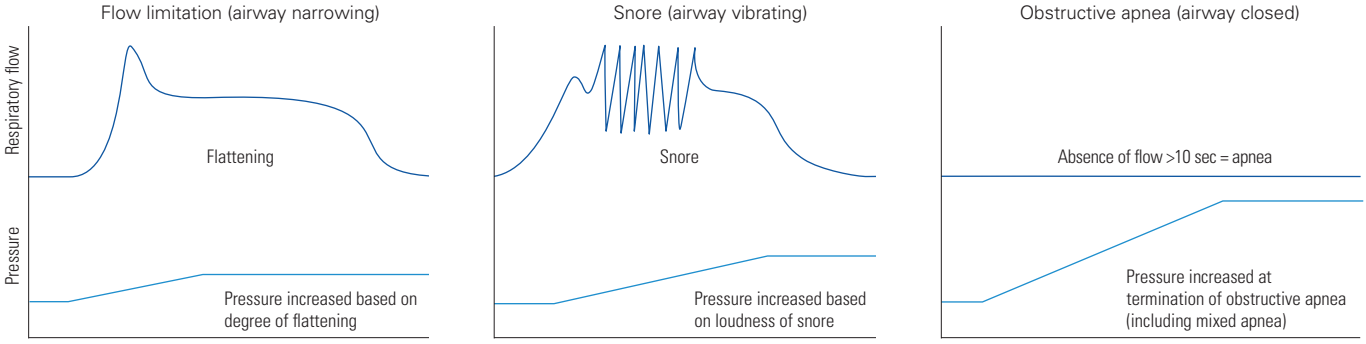
The AutoSet algorithm

With ResMed's AutoSet technology, you can give your OSA patients a therapy experience clinically proven to increase comfort and compliance.[5-7]

ResMed's AutoSet algorithm continually monitors each patient's unique breathing pattern on a breath-by-breath basis – every hour, every night.

Unlike other auto-adjusting pressure algorithms, when AutoSet detects an event, it doesn't just apply a standard pressure response. Instead, AutoSet assesses the severity of each event – whether it is flow limitation, snoring or an apnea – before determining and delivering the ideal, lowest pressure solution to treat the event.

Once the event is treated and the patient's breathing stabilises, AutoSet gradually decreases the pressure, while continuously monitoring for recurring events. Patients remain comfortable through it all, and receive the therapy pressure that is just right for treating their OSA – no more and no less.



ResMed's AutoSet algorithm responds to the severity of each event.

AutoSet Response

And for even more comfort, the AutoSet algorithm now also offers an optional AutoSet Response setting.

AutoSet Response not only delivers pressure increases more gently, but also achieves a lower overall target pressure range,[8] so you might find it helpful for patients who are more sensitive to pressure changes.

The AutoSet algorithm and AutoSet Response setting are available in the AirSense™ 10 AutoSet therapy device.

5 Teschler et al. Two month auto-adjusting versus conventional CPAP for obstructive sleep apnoea syndrome. *Eur Respir J* 2000;15:990-995
6 Hukins C. Comparative study of autotitrating and fixed-pressure CPAP in the home: A randomized, single-blind crossover trial. *Sleep* 2004;27(8):1512-1517
7 Massie et al. Comparison between automatic and fixed positive airway pressure therapy in the home. A*m J Respir Crit Care Med* 2003;167:20-23
8 Isetta V, Ángel Rodríguez M, Farré R. APAP devices performance verification on a bench test: ResMed AutoBFC, AutoCFT, AutoAFH and other six competitor devices, 2014. Unit of Biophysics and Bioengineering, Faculty of Medicine, University of Barcelona, Spain.

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