

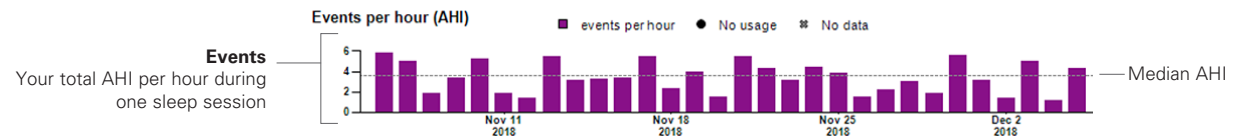
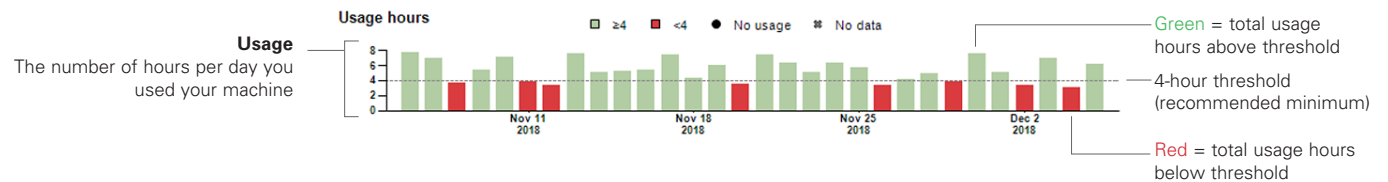


myAir™ report guide

This report guide outlines the type of report you can generate in ResMed's personalized sleep therapy support program, myAir. The myAir sleep therapy report is formatted to help you quickly identify the data you need, so you can better understand and track your sleep therapy. You can find a glossary of common terms found in the myAir report at the end of the report guide.

On the right, you can see examples of the most common types of graphs used in the myAir report and how you can interpret them. These examples show your usage hours and apnea–hypopnea index (also known as AHI, this metric represents how many times you partially or fully stopped breathing each hour).

Graph descriptions



Sleep therapy details
A list of metrics that summarize your therapy data during the displayed time period

Average usage (days used)	5 hours 26 minutes	Average number of hours per day you used your machine
Leak 95th %	10.74 L/min	The volume of air that leaks from your mask measured in liters per minute (95% of the time the volume is at or below the displayed value)
Median AHI	3.56 events per hour	The middle value in your overall list of recorded AHI
Days used ≥ 4 hours	22/30 (73.33%)	The number of days you used your machine for four/six or more hours
Days used ≥ 6 hours	12/30 (40%)	

Note: All patient identities and data are fictional.

myAir report

This is an example of what the myAir sleep therapy report looks like.

Some reports may display **No data available** in one or more sections (last 30 days, last 90 days and/or last 365 days). This means you haven't used your machine long enough to see data for the specified period.



Sleep therapy report

Garcia, Luis

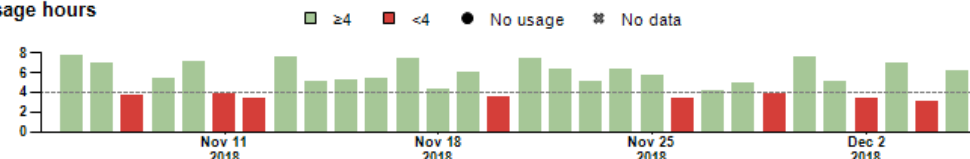
DOB: 1/1/2000 (age: 18 years)

AirSense 10 AutoSet, SN: 11746045732

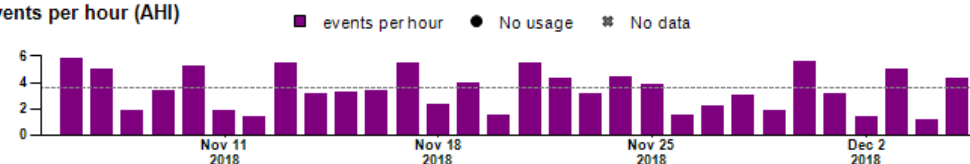
11/6/2018 - 12/5/2018 (within 30 days)

Average usage (days used)	5 hours 26 minutes	Days used ≥ 4 hours	22/30 (73.33%)
Leak 95th %	10.74 L/min	Days used ≥ 6 hours	12/30 (40%)
Median AHI	3.56 events per hour		

Usage hours



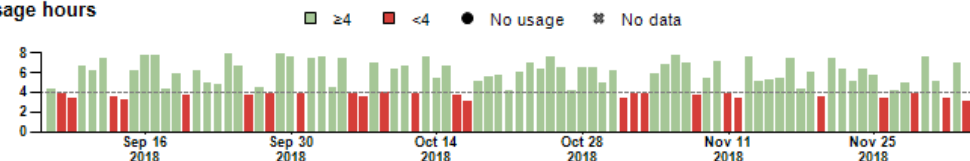
Events per hour (AHI)



9/7/2018 - 12/5/2018 (within 90 days)

Average usage (days used)	5 hours 29 minutes	Days used ≥ 4 hours	65/90 (72.22%)
Leak 95th %	10.6 L/min	Days used ≥ 6 hours	40/90 (44.44%)
Median AHI	3.53 events per hour		

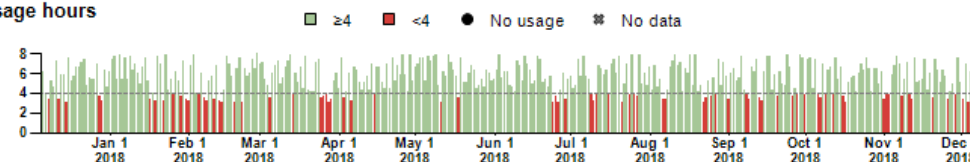
Usage hours



12/6/2017 - 12/5/2018 (within 365 days)

Average usage (days used)	5 hours 35 minutes	Days used ≥ 4 hours	289/365 (79.18%)
Leak 95th %	10.7 L/min	Days used ≥ 6 hours	159/365 (43.56%)
Median AHI	3.61 events per hour		

Usage hours



The content in this sleep therapy report is for informational purposes only. It is not a substitute for the professional judgment of a healthcare professional for diagnosis and treatment purposes. Always seek the advice of a physician or other qualified healthcare provider for any questions you may have regarding a medical condition. This report is provided "as is" and you are solely responsible for the use of this report.



ResMed

myAir™

Therapy data glossary

Apnea

An apnea is the temporary absence or cessation of breathing during sleep. There are three types of apneas: central apnea, obstructive apnea and unknown apnea.

Apnea-hypopnea index (AHI)

To calculate this index, we add together the number of apnea and hypopnea events. For graphs, the AHI count increases at the occurrence of every event and resets every hour.

Average usage (days used)

Average number of hours per day you used your machine during the displayed time period (average is calculated based on days used, not total number of days in period).

Days used ≥ 4 hours

Number of days you used your machine for four or more hours during the displayed time period.

Days used ≥ 6 hours

Number of days you used your machine for six or more hours during the displayed time period.

Hypopnea

A hypopnea is an episode of shallow breathing during sleep.

Leak 95th % (percentile)

The volume of air that leaks from your mask measured in liters per minute (95% of the time the volume is at or below the displayed value).

Median AHI

The middle value in your overall list of recorded AHI per hour.

No data

Your machine didn't send us your data for one or more sleep sessions.

No usage

You didn't use your machine for one or more sleep sessions.

Sleep session

A single sleep session starts at midday and finishes 24 hours later.

Usage

Usage is the length of time that you receive therapy from your machine.