

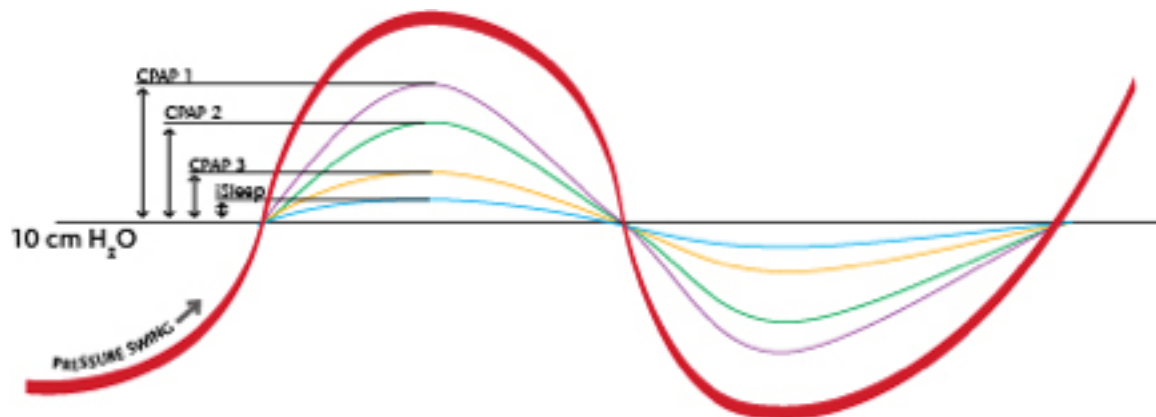


Z Breathe is a proprietary algorithm engineered in the Z1™ to smooth out the breathing cycle while enjoying the benefits of CPAP therapy. Typically users experience pressure swings while breathing on a fixed pressure CPAP device. Pressure swings occur as a spike in pressure during exhalation and a drop in pressure during inhalation. Z Breathe is designed to eliminate the spikes and drops while keeping the pressure constant, thereby delivering more comfortable therapy.

Pressure swings can vary between users and this is due to the lung capacity of the person breathing on the machine. Larger individuals will typically have greater lung capacity that will require a more aggressive setting and for this reason we have created 3 levels of Z Breathe:

- **CPAP 1** offers mild pressure swing relief
- **CPAP 2** is the *Default Setting* and offers moderate pressure swing relief
- **CPAP 3** is the most aggressive setting for pressure swing relief

The Z Breathe settings in relation to the fixed pressure are illustrated in the graph below. We encourage you to experiment with the settings to achieve maximum comfort.



Please note that the Z1 (like other small CPAP devices) has a very small motor that turns much faster than the CPAP you have at home to achieve the same therapeutic pressure. With some mask types it is possible that a different sound may be generated from the mask due the proximity of the vent holes and the velocity of air coming up the tube. Most users who have experienced this consider it to be white noise and a trade off for the convenience of the worlds smallest and lightest CPAP. If you experience this and it is a problem for you there are three steps that you can try to help minimize this:

1. Place the HME between the end of your tube and the mask
2. Try a standard bore (22mm) CPAP tube. Often these larger bore tubes come with your home device and they are approved to use with your Z1.
3. Use the F & P HC150 stand alone Heated Humidifier with your Z1 while at home. The volume in the water chamber will greatly reduce any mask noise.

