

freedom to sleep anywhere

TRANSCEND™

TRANSCEND

Transcend Quick Guide



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- TRANSCEND INTRODUCTION

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Thank you for choosing Transcend, the first sleep apnea therapy system designed solely around your lifestyle. Transcend surpasses all others in mobility, portability and comfort. It truly makes an evolutionary jump beyond traditional therapy options to unburden you from old fashioned devices and gives you the freedom to sleep anywhere.

Begin by inspecting all items listed below. Report any damaged or missing items to the home healthcare provider that provided the device to you.



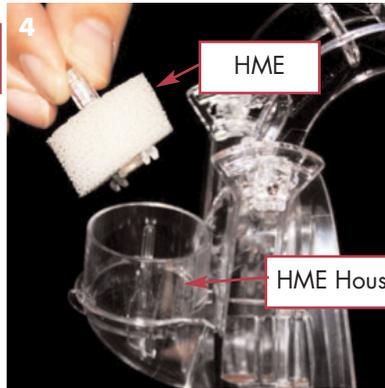
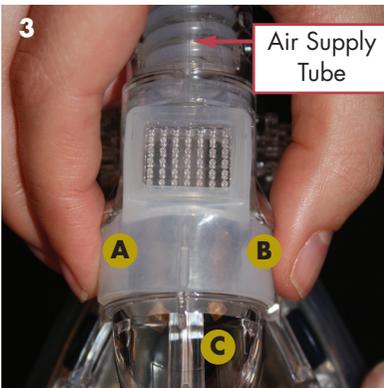
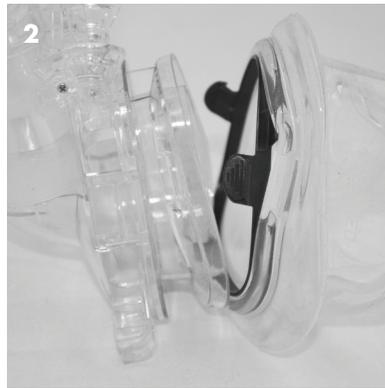
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|------------------------------|---|
| 1. Transcend Device | 8. Carrying Case |
| 2. Headgear | 9. Heat Moisture Exchange (HME) humidifier |
| 3. Forehead Piece | 10. CD containing the user manual, compliance software, and quick guide, and a DVD with video user guides |
| 4. Mask Shell | |
| 5. Adapter Ring | |
| 6. Air Supply Tube | |
| 7. Universal AC Power Supply | |

What's Not Included (all sold separately)

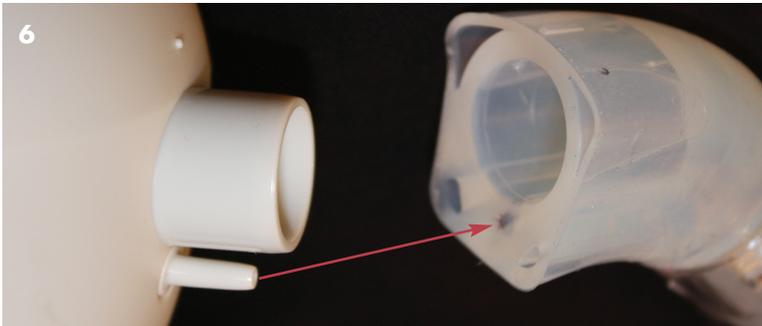
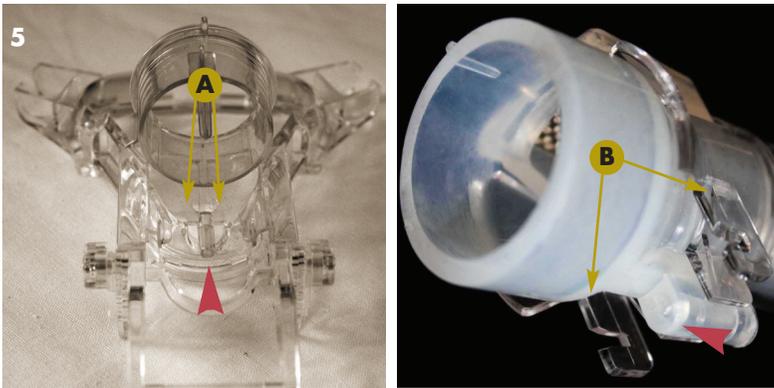
- A nasal seal
- Transcend Battery Pack
- Transcend Mobile Power Adapter
- USB cord

Your Transcend comes partially assembled. To complete assembly:

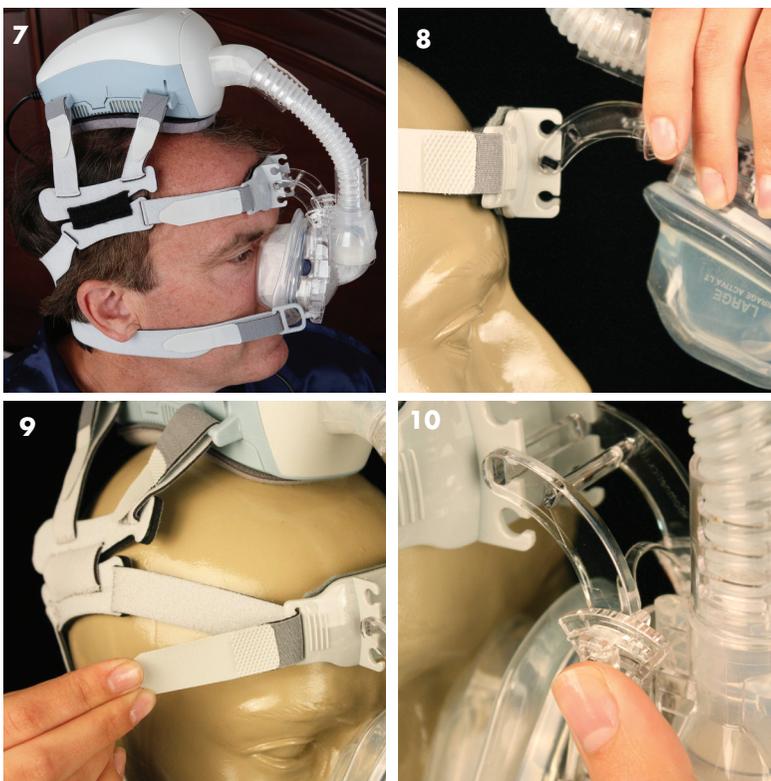
- 1 Attach the adapter ring to the mask shell. Connect the top clips first; then connect the bottom clips. Both must click into place.
- 2 Securely attach the nasal seal (purchased separately) onto the adapter ring.
- 3 Disconnect the air supply tube from the HME housing gripping points A and B and pulling away from the mask shell (C).
- 4 Insert the Transcend HME into HME housing. Minimize touching the HME media.



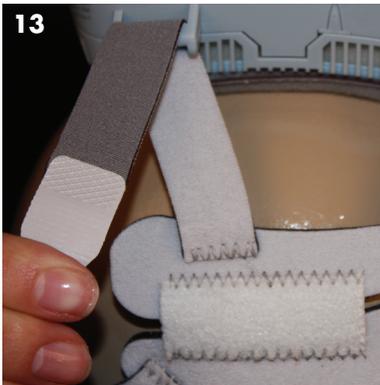
- 5 Reattach the air supply tube to the HME housing. Be sure the plastic notches at points A and B line up and the small diameter pressure sensing tube fits properly onto the pressure sensor port on the HME housing. *Plastic notches (yellow arrows) and pressure sensing tube (red arrows) must be inserted properly.*
- 6 Connect the air supply tube to the blower outlet on the front of the device. Align the small pressure sensing tube with the smaller port directly below the blower outlet.



- 7 Place Transcend on your head with the interface in the front and the rear headband at the nape of your neck.
- 8 Adjust the interface up or down until the nasal seal rests comfortably in front of your nose. To adjust the seal up or down, rotate nose piece upward until the bar slides out of the slot. **DO NOT force the bar out of the slots.** Return bar to a higher or lower slot to fit.
- 9 Adjust forehead straps so that the forehead piece feels secure and fits directly above the brow line.
- 10 Use the adjustments on top of the interface to fine-tune the angle of the nasal seal. Gently squeeze the side of the adjustment piece to slide the nasal seal closer or further away from your face.



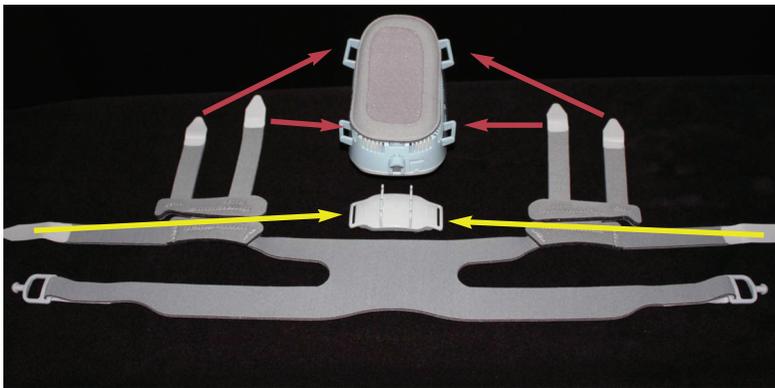
- 11 Insert the ball clips into the notches on the front sides of the interface.
- 12 Adjust the bottom headgear straps until the nasal seal feels secure against your face.
- 13 The position of the device may move slightly once you lie down. Fine-tune the headgear as needed by adjusting the straps after the device is resting on your pillow.
- 14 To remove Transcend, simply loosen the bottom headgear straps and remove the ball clips.



Connecting the Headgear

Transcend headgear comes attached to the device. It must be removed for cleanings. This section shows how to reattach the headgear to Transcend.

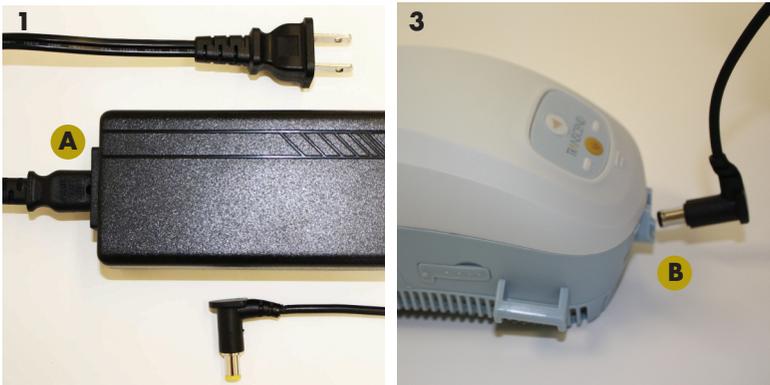
- 1 Place Transcend top down with the back of the device toward you.
- 2 Lay headgear straps on the table with the dark gray facing up. Connect the straps to the device. The innermost straps fit into the back slots. The remaining middle two straps attach to the front slots. The straps are now attached to the device.
- 3 Now connect the forehead piece to the remaining two straps.



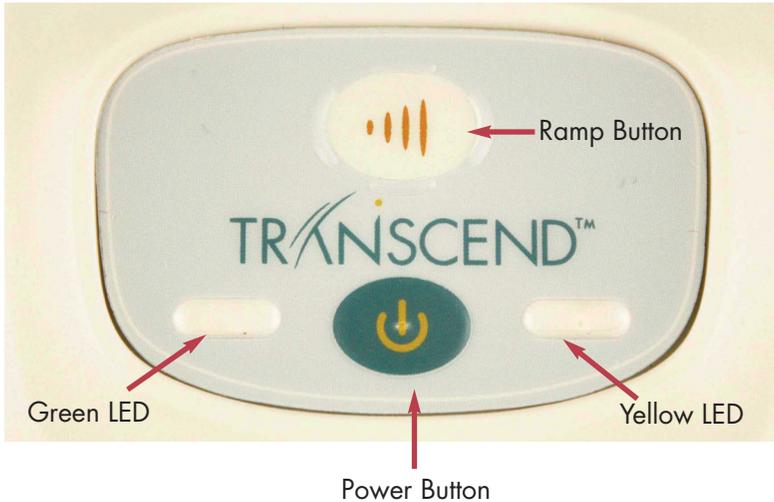
Your Transcend comes with the universal AC power supply used with a wall outlet. The power supply can be used worldwide with standard plug adapters suitable for the country you are visiting. Do not use a power converter with your Transcend, as it may damage the device.

To use the universal AC power supply:

- 1 Connect the power cord to the power supply adapter (A).
- 2 Connect the power supply to wall outlet power.
- 3 Insert the barrel connector into the power jack on the back of the device; be sure the connector and cord are facing up (B).
- 4 The control panel has green and yellow LED indicator lights. When connected to the power source, the yellow LED will flash once followed by three quick flashes of the green LED.
- 5 Once the LED power-up flash sequence is complete, the device enters *Standby* mode and is ready for use (lights will be off).



Your Transcend can also be powered by an optional mobile power adapter or an optional battery pack. Visit your home healthcare provider for additional information about these power sources.



Starting Therapy

- 1 The Transcend control panel consists of a power button (bottom), ramp button (top) and two LED lights.
- 2 Ensure that the device is connected to a power source and is in Standby mode. (see Powering)
- 3 While in Standby mode, place the device on your head and secure it with the adjustable headgear straps as described in Fitting Your Transcend.
- 4 Press the lower, blue power button to turn on Transcend. Air flow will begin as the blower delivers your prescribed pressure.

Using the Ramp Function

If your prescription includes ramp, ramp settings will be programmed on Transcend by your provider.

- 1 Initiate ramp by pressing the ramp, or top, button after the blue power button has been pressed.

Please note: the ramp button on Transcend will not work unless your prescription includes ramp.

- 2 Therapy pressure will drop to a starting pressure that has been preset by your provider, and will gradually increase over a preset period of time until it reaches your prescribed therapy pressure.
- 3 To accelerate the ramp pressure, hold the ramp button down. The device will stop ramp mode when it reaches your prescribed therapy pressure.

Ending Therapy

- To end therapy, press the blue power button to return the device to the Standby mode.

OR

- Simply remove Transcend from your head. After approximately five seconds the blower will deactivate.

Dry Mode - Cleaning the Inside of Your Transcend

Dry Mode should be used **daily** to clean the inside of your Transcend.

Caution: Do not wear Transcend while it is in Dry Mode

- 1 Set the device on a dry and stable surface. A cloth surface is not recommended as it may get soiled.
- 2 Plug the device into a power source.
- 3 To enable Dry Mode, press and hold the ramp button then press the power button.
- 4 Low pressure air flow will begin and last for 30 minutes until the cleaning sequence is completed. The device will then return to Standby mode. To end the Dry Mode before the 30 minute sequence is complete, press the power button. The device will return to Standby mode.

Caution: Clean the inside of your Transcend with the Dry Mode only. Do not attempt to use any other method to clean inside the Transcend device.

Cleaning the Transcend Exterior

1 Clean the exterior of your device as needed. To clean, wipe the surface with a lint-free cloth or paper towel that has been dampened in water containing mild dishwashing detergent. Following cleaning, wipe again after rinsing the cloth in clear water.

Caution: Never submerge Transcend in water. Do not allow soap or water to get into the device.



Cleaning the Transcend Components

The head pad, headgear, interface, and forehead pad should be washed weekly. The air supply tube should be washed daily.

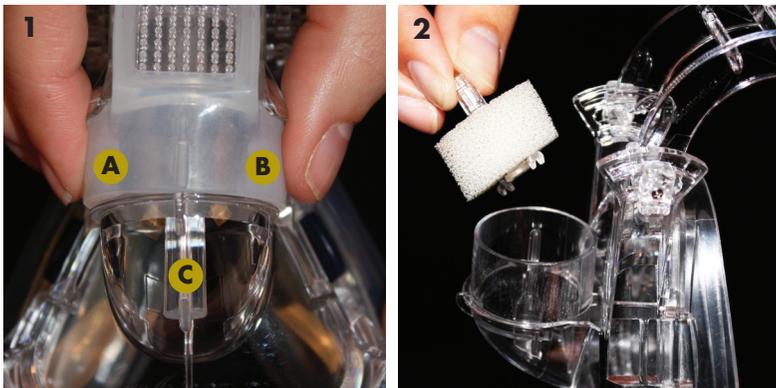
- 1 Completely disconnect the components.
- 2 Hand wash in warm water with a mild dishwashing soap.
- 3 Rinse thoroughly.
- 4 Air dry; components must be completely dry before reconnecting.
- 5 Reconnect the components.

Caution: Do not put any of the Transcend components in the dishwasher or laundry machine.

Replacing the Transcend HME

The HME filter should be changed weekly and can be purchased through your home healthcare provider.

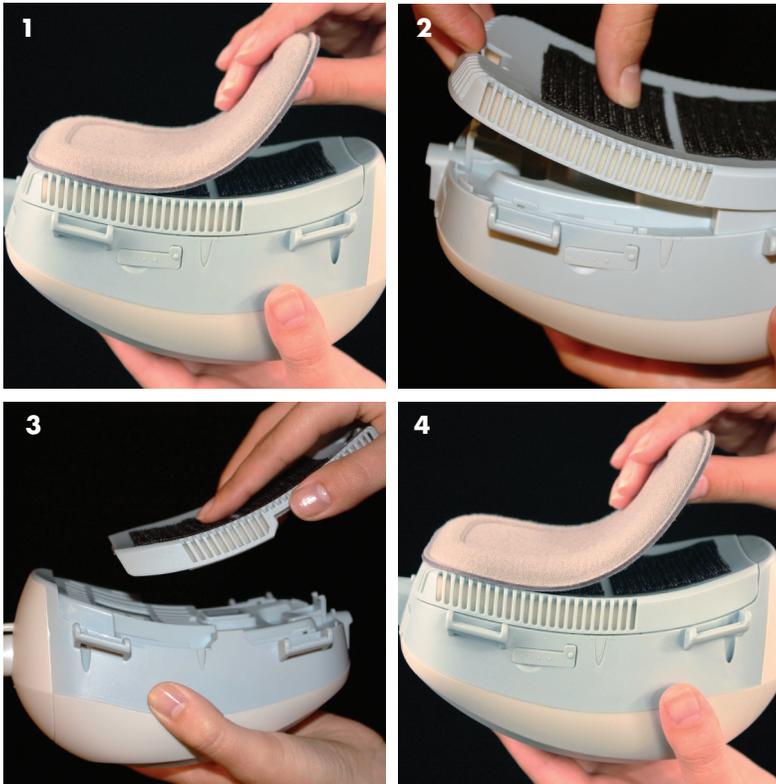
- 1 Disconnect the air supply tube from the HME housing by grasping the silicon base of the tubing at point A and B and pulling upward off the HME housing (C).
- 2 To remove the HME, grasp the plastic pin and lift the HME out of the housing.
- 3 Insert new HME and reattach air supply tube.



Replacing the Air Inlet Filter

Transcend's air inlet filter should be replaced every six months. To purchase a new air inlet filter, please contact your home healthcare provider.

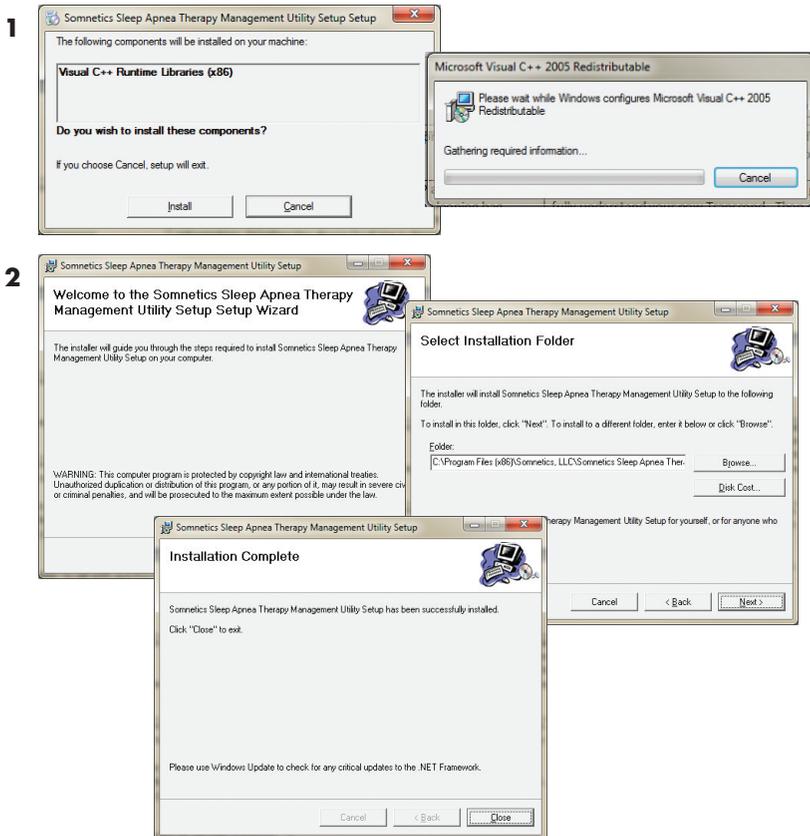
- 1 Remove the pad from the bottom of the device.
- 2 Remove the filter plate on the bottom of the device by gently squeezing the tab at the back of the plate towards the front of the device and pulling the plate away from the device.
- 3 To replace the new filter plate, lay it on the device with the front clips being put into place first. Once the front is in place you can snap in the back clip. Make sure the filter plate is completely connected and discard the used bottom plate.
- 4 Reattach the head pad to the device.



Transcend comes with a CD that includes the Somnetics Sleep Apnea Therapy Management Utility program. You will need this CD to install the program software onto your computer.

Installing the Sleep Apnea Therapy Management Utility Program

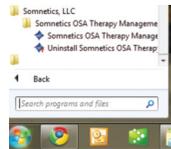
- 1 Insert the Transcend CD into your computer. The setup program launches automatically and displays the *Somnetics Sleep Apnea Therapy Management Utility Setup* dialog box. Click the Install button.
- 2 Follow the instructions displayed by the Setup Wizard.



Using Somnetics Sleep Apnea Therapy Management Utility Functions

- 1 Connect Transcend to your computer with a USB cable and to a power source.
- 2 Launch the Management Utility program from your desktop or Start menu.
- 3 You will see a Welcome box.
- 4 Click the Patient button to view device settings, view patient compliance, email a compliance report to your provider, and view or email a device fault log.

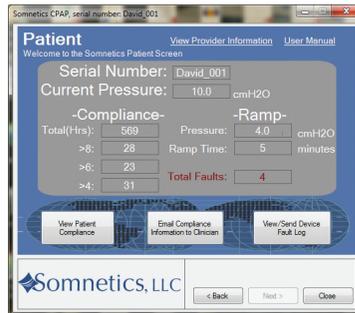
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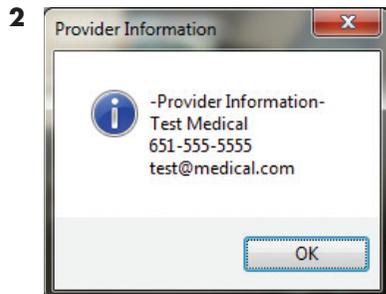


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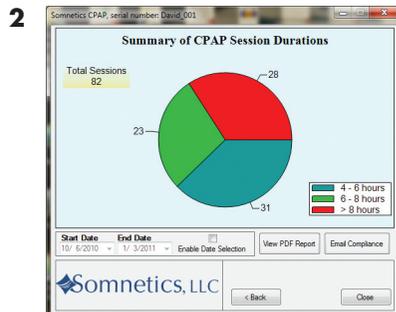
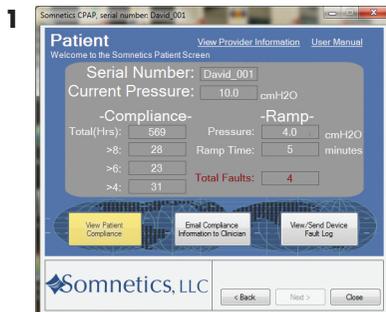
View Provider Information

1. The View Provider Information link is on the top right of the Patient box.
2. View your provider's company name, email address, and phone number.



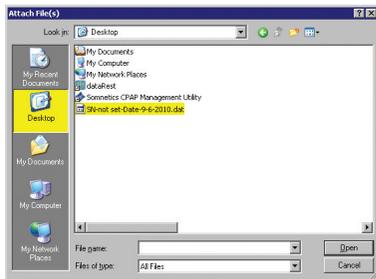
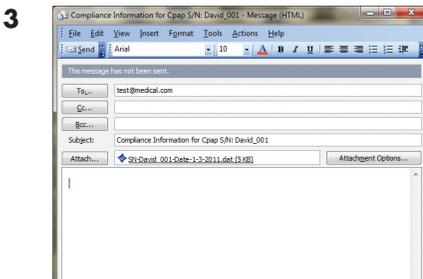
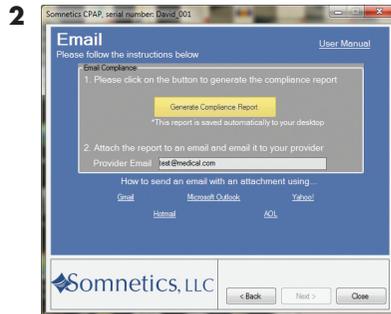
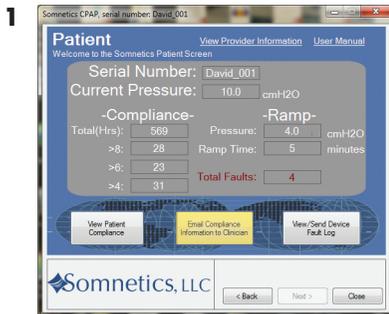
View Patient Compliance

- 1 Click the View Patient Compliance button.
- 2 From the Patient Compliance screen you may generate a PDF of your compliance report for your records. This is automatically saved to the desktop.



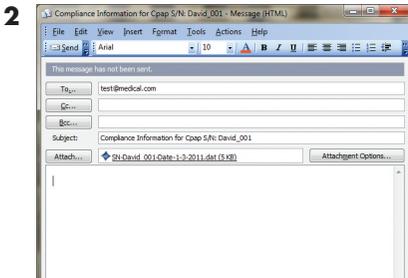
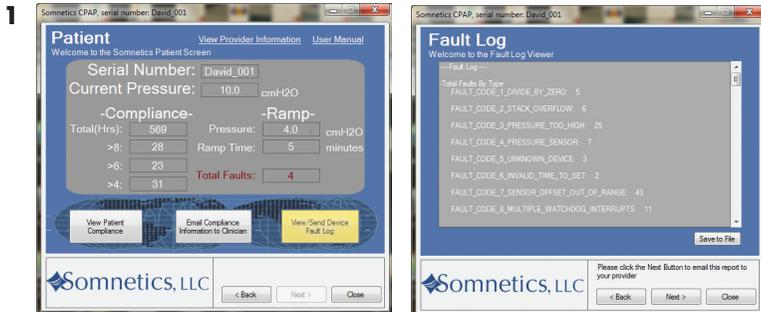
Email Compliance Information to Your Clinician/Provider

- 1 Click the Email Compliance from the Patient box or from the View Patient Compliance screen.
- 2 Click the Email Compliance button.
- 3 When using a locally installed email program, such as Outlook, an email box will automatically appear with your compliance report attached. Click Send.
- 4 When using a web-based email such as Gmail, Yahoo, or Hotmail, attach your compliance file located on your desktop to your email.



View and Send a Device Fault Log

- 1 From the Patient box, click the View/Send Device Fault Log button to view, save or email the log.
- 2 Emailing the device fault log is done in the same manner as shown above for emailing the compliance report.





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