

# The DreamPort™ Sleep Solution Only from bleep™

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Patient Instruction Manual  
and Guide for Use

Rev-7, Item-100424



## WELCOME

Welcome to the dream revolution! As a new user of Bleep DreamPort, we want to say thank you for choosing our innovatively designed treatment for sleep apnea. What you will find in this guide are the instructions and intended use for the DreamPort technology, how it should be applied for best outcomes, details on properly cleaning and maintaining, as well as best practices for a successful night of using the DreamPort hyper-light, headgear-free CPAP interface system.

## INTENDED USE

The Bleep DreamPort interface is intended for use by individuals who have been diagnosed by a Physician as requiring CPAP or BiPAP treatment and should not be used outside the guidance of a trained medical provider or respiratory therapist. The Bleep DreamPort interface is intended for single patient adult (>66 lb/30 kg) use in the home, hospital or other clinical setting. The interface is only intended for use as directed within the instruction manual provided with the Bleep DreamPort. Please read the entire patient instruction manual and guide prior to use.

## OPERATING INSTRUCTIONS

The operating pressure range of the mask is recommended for 4 to 20 cm H2O. The transport and storage temperature range of the mask is -20 to 60°C (-4 to 140°F). The operating temperature range of the mask is 10 to 40°C (50 to 104°F)

## BEFORE EACH USE OBSERVE THESE WARNINGS

- US Federal Law restricts this device to sale by, or on order of, a physician.
- Make sure that the patient has cleaned the skin contact surface under the nose and around to the sides of the nose and cheek areas that the 3M surgical foam adhesive will come in contact with. This is imperative to a successful application and long-term effective nightly use. Not cleaning the skin properly will result in faulty use and CPAP leaks around the application site.
- If you have severe allergies to medical adhesive tape, it is highly recommended that you try a sample of the 3M Hypoallergenic Surgical Foam Tape used in the DreamPort that is included in your CPAP interface setup package. If you have an allergic reaction to the tape, after nightly application, discontinue using immediately and seek the advice of a medical professional or your treating physician.
- Adjust the temperature of your room such that you will not perspire and sweat.
- Be sure to inspect that the mask is clean and clear of obstructive material.
- Always be sure to observe the mask for damage. Do not use if there is any noticeable defects, cracks, tears or improperly sealed areas on the interface. Contact your local dealer and request replacement part(s).
- Take time to confirm that the vent holes along the bottom of the interface, located on each side of the interface tube, are free of obstruction. Do not use if vents are blocked or restriction is apparent. The vent holes must be

clear at all times; do not seal off the exhalation vents. The medical reason for this is that rebreathing exhaled air in any CPAP mask for extended periods of time, beyond a few minutes, can cause suffocation and inadequate air by which to breathe properly and can be dangerous or life threatening.

- The interface should only be worn when CPAP or BiPAP therapy is turned on. Once the interface is connected to the adhesive DreamPorts, be sure that the CPAP or BiPAP device the patient is using has been turned on and is blowing air.
- Discontinue using the Bleep DreamPort interface in its entirety if discomfort or irritation occurs, and contact your healthcare provider and sleep therapist.
- Discontinue using the Bleep DreamPort interface if any allergic reaction to the interface or the nightly disposable adhesive patch that is applied to the skin surrounding any portion of the nares, nostrils or surrounding tissue of the nose. Seek medical consultation if this occurs.
- Do not use the interface if you are feeling sick with symptoms of nausea or have been vomiting.
- Discontinue all use of product if any symptoms occur with: tooth, gum or jaw soreness, severe headache, chest discomfort, shortness of breath or eye pain.
- Be careful to follow all precautions when using supplemental oxygen in conjunction with the interface. Consult with your healthcare provider, respiratory therapist and interface dealer for additional service questions when using supplemental oxygen with this device.
- At low CPAP or BiPAP pressures, some rebreathing may occur, which is fairly normal with most CPAP masks.
- Use with humidification if experiencing nasal congestion or dry airway.
- Bleep DreamPorts are one time use. Dispose of them after use. The DreamPort Interface has a service life of 90 days and should be replaced after being used for 90 days.
- Important Note: Failure to follow the operating instructions may compromise the performance and safety of the mask.

## APPLYING YOUR DREAMPORTS CORRECTLY EVERY TIME

### APPLYING THE DREAMPORTS

The first step to applying your DreamPorts is to thoroughly clean the nose area (sides and base of your nose, and the entire nostril area), with a DreamPrep wipe or another astringent like an alcohol prep to completely remove all oils, makeup, and dirt. It is the most important part of fitting your interface, and once done correctly will enable you to easily fit the DreamPorts consistently. Once your face has properly been cleaned with soap and water or using one of Bleep's nightly facial wipes, designed to remove the oils on the skin, you should properly dry your face and skin around your nose and cheeks. Then you can begin the process of application.

## PLEASE READ THESE INSTRUCTIONS IN FULL BEFORE APPLYING YOUR DREAMPORTS

1. Remove two DreamPorts from the packaging that the dealer has provided to you.
2. Standing in front of a mirror so that you can closely see all of your face, peel off the backing of one of the DreamPorts.
3. Tilt your head slightly back so that you can see your nostrils clearly.



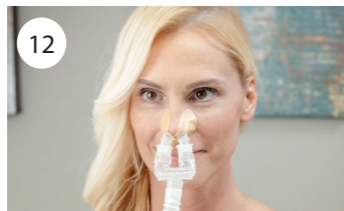
4. Carefully lineup the DreamPort tube with your nostril so that the tube will become an extension of that nostril. Bring the DreamPort up to your nose, using the mirror to correctly help guide you with proper alignment. Gently press the DreamPort over the center of the nostril, sealing off the outside of the nostril completely.
5. Using a finger, lightly press your nose toward the opposite side of your face to create a more flattened surface area between the side of your nose and cheek.
6. Press the tail surface of the DreamPort adhesive down onto the skin and smooth out, making sure that all of the adhesive exterior is flat against the surface of the skin and surrounding nostril area. The DreamPort should extend directly out away from your nostril and allow you to freely breathe as you normally would if it weren't there. If you cannot pass air through your nostril you may have obstructed the nostril with tape and would need to try reapplying using a new DreamPort.
7. Follow steps 2 through 6 for the second DreamPort application.



8. Once both DreamPorts are applied to your nose you should be able breathe sufficiently with each DreamPort now extending toward the center region above your upper lip. The DreamPorts should be flexible enough in their contact design with the adhesive patch to offer some mobility back and forth. This will allow you to manipulate the Dreamports to properly insert them into the Bleep Quick Release (QR) Sockets on the interface.



9. The first few times you apply your mask, we recommend that you apply it in its entirety standing in front of a mirror until you are more comfortable not needing the visual cues for connection when applying the Bleep QR Sockets and the DreamPorts together.
10. Next, lift up the Bleep interface so that the DreamPorts and the Quick Release Socket (QRS) are relatively inline. Concentrate on connecting one at a time. Press one QRS up over a DreamPort. When fully engaged together, you should hear an audible click.
11. Gently push the remaining unconnected DreamPort toward the last QRS and insert until you hear another audible click.
12. The Bleep DreamPort interface should be hanging gently from your nose. You may offer the support of holding the tube beside your face as you walk to you bed.



## TESTING THE FIT OF YOUR DREAMPORT INTERFACE

Connect your DreamPort interface to your CPAP machine using the connector swivel at the end of the interface tubing to your existing CPAP tube, turn the CPAP or BiPAP device on and test for leaks.

- If your mask leaks air against your face press down around the tape that was not properly sealed to the skin.
- If your interface still leaks, you may need to clean your face again and reapply new DreamPorts, making sure that your skin is clear of all oils, lotions, and is correctly dry enough for the adhesive to secure properly to the skin.

## CHIN STRAP

If a substantial amount of air is leaking out of your mouth during use, or you get a dry mouth, you may find it beneficial to use a chin strap to assist with this. As with any health related question or concern, consult with your healthcare provider, respiratory therapist or local dealer for guidance on options that exist for you, as there are many types to choose from. You may also need to turn your humidifier up.



## CONDENSATION OR WHISTLING

If you experience whistling sounds or excessive condensation in your mask, you may need to turn down your humidifier. Do this gradually, over a few nights, to avoid reducing the humidity too much. Please consult with your healthcare professional before doing so.



## USING YOUR SWIVEL CONNECTOR FOR A QUICK DISCONNECT

Your Bleep DreamPort Interface may be disconnected from the main CPAP tube by disconnecting the swivel connector from your standard 6ft. CPAP tubing. It is easiest to connect and disconnect the swivel connector at an angle, using a gentle but firm motion to separate the two tubes. You may also use the QR Socket release tabs to remove the interface from the DreamPorts for any extended time that you might be out of bed awake. Then reconnect again listening for the audible click when you are ready to resume sleeping.

## REMOVING THE NIGHTLY DREAMPORTS AFTER SLEEP

First, remove the QR Sockets by pinching the tabs located along the QR rim. Once the QR Sockets and Silicone Interface have been released, gently peel back the edge of one of the Bleep DreamPort patches at the outside of the nose. After detaching one edge from your skin, grip the adhesive and gradually peel down, using your fingers of your other hand to hold the skin beside your nose in place. Gradually remove the tape from the sides of your nose in a downward motion, being careful not to yank or rip the adhesive patches away from your skin. Always pull down so that the final process of removing the adhesive ends below the underside of the nose. Never pull upward to remove the adhesive DreamPorts. This will optimally protect the skin. DreamPorts are for one time use. Discard DreamPorts after removal; DreamPorts are recyclable.

## CLEANING YOUR BLEEP DREAMWAY INTERFACE

### AFTER EACH USE:

1. Place the DreamWay into lukewarm water that contains a mild soap. Agitate back and forth for 20-30 seconds to immerse fully in the soapy solution. Let soak for 10 minutes.
2. Following the 10-minute soak, rinse thoroughly in fresh water, ensuring that all soap residue is removed and allow to drip dry. You may also use any number of machines capable for washing CPAP masks, such as the So-Clean or Lumen device.
3. Leave all parts to dry out of direct sunlight.

### WARNING:

- Do not wash the mask in the dishwasher.
- Do not clean the mask with products that contain chlorine, bleach, moisturizer, antiseptic, anti bacterial agents or alcohol.
- Do not wash your mask in boiling hot water as this may affect the shape of the interface and its proper ability to create functioning seals.

**Note: Failure to follow the cleaning instructions may compromise the performance and safety of the mask. Frequency of cleaning, methods of cleaning or the use of cleaning agents, other than those specified, or exceeding the number of processing cycles can have an adverse effect on the Bleep DreamPort materials or performance.**

## DISPOSAL

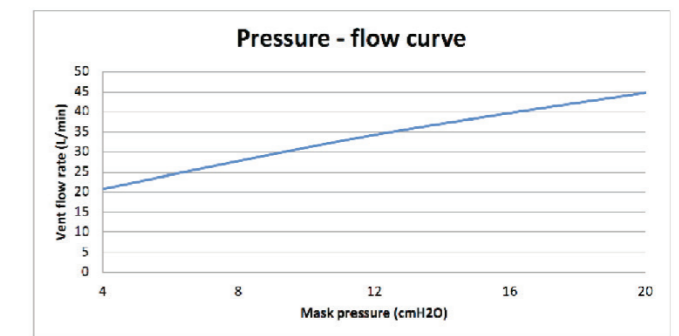
Your mask may be disposed of in the general waste. Several parts are recyclable, including the DreamPorts themselves, if you are so inclined to rip away the tape they are bound to.

## TECHNICAL SPECIFICATIONS

### BIAS FLOW DATA

Mask Pressure (cm H2O)	4	6	8	10	12	14	16
Vent Flow Rate (L/min)	21	24	28	31	34	37	40

## BIAS FLOW GRAPH



## RESISTANCE TO FLOW DATA

Drop in pressure (through mask at given flow rate)

- At 50 L/min 1.7 cm H2O
- At 100 L/min 7.5 cm H2O

## MASK DEAD SPACE

- 70 mL (the physical dead space is the empty volume of the mask to the end of the swivel)

## SOUND

- The Sound Power Level of the mask is 26.1 dBA with uncertainty 2.5 dBA.
- The Sound Pressure Level of the mask is 33.2 dBA with uncertainty 2.5 dBA.



