

Transcend Micro Tips and Tricks



Included with your Transcend Micro

- Transcend Micro
- Transcend AirFlex™ Micro 6 ft. Hose
- Power supply: 40W AC
- Transcend Travel Pouch
- Transcend WhisperSoft Muffler (packaged separately)
- Short Muffler Hose (packaged with muffler)
- Transcend AirFlex 6 ft. Hose (packaged with muffler)



Use this QR link to the Transcend User Manuals page for more information.



TIPS FOR THE BEST NIGHT'S SLEEP WITH TRANSCEND MICRO

GentleRise Function

The GentleRise feature lets you acclimate to air flow by starting at a lower pressure and gradually increase to the prescribed pressure setting as you fall asleep. To accelerate the rate of the pressure increase:

- Hold the Ramp button  down until the device reaches a comfortable therapy pressure.
- When the Ramp button is released, the device will continue in GentleRise Mode until it reaches the prescribed therapy pressure.
- To end GentleRise early, hold down the Ramp button.

To adjust starting pressure or duration see the Transcend Micro Software Manual available on the Transcend website mytranscend.com.

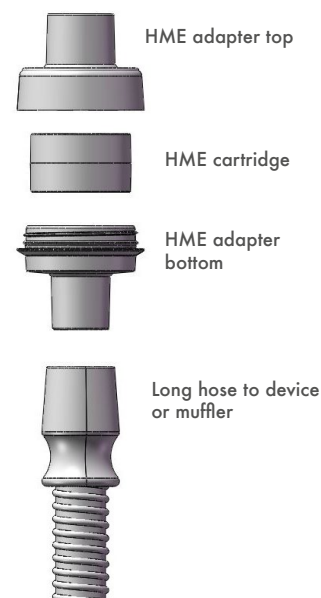


Waterless Humidification Alternative

The Heat Moisture Exchanger (HME) offers a waterless humidification alternative to the traditional humidifier used during CPAP therapy. The HME traps the humidity from exhaled breath and recirculates the moisture when you breathe in. The HME will work with any CPAP mask that doesn't have a short tube. A "short tube" is about six inches to one foot long and extends out and away from the mask, giving a little extra slack for extra movement. Examples of masks that use a short tube include the AirFit P10 and the AirFit N20.

Connecting the Transcend AirMist™ HME Adapter (Sold Separately)

- Assemble the HME adapter by removing the HME cartridge from foil package. Handle cartridge by the plastic shroud, not the foam core.
- Unscrew the HME adapter bottom from top and place the HME cartridge on the adapter bottom.
- Place the HME adapter top onto the bottom and gently turn the top until the adapter compresses together.
- Next, securely attach your longer hose to one end of the HME adapter.
- Connect the opposite end of the HME adapter to your mask. Do not pre-moisten the cartridge inside of the adapter.



Caring for your Device

To maintain optimal performance of your CPAP device and to help prevent the growth of germs that can adversely impact your health, make sure to follow the cleaning and maintenance instructions and schedule provided in the device User Manual.

It is also highly recommended to follow the supply replacement schedule.

Accessory	Recommended Replacement Schedule
AirFlex Air Hose	Every 6 months
WhisperSoft Muffler	Every 6 months
PureFresh Air Filter	Every 6 months
AirMist HME Cartridge	After 7 days

If you have any questions consult the user manual for your Transcend CPAP device, email us at support@mytranscend.com



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