

## Box Contents



Z2 CPAP Device

Power Supply (AC Adapter and Power Cord)

Custom USB A to Micro B Cable

Custom CPAP Tube Adapter

4 ft. Slim Style CPAP Tube

Filters (2 – 1 installed in Z2, 1 in box)

Heat / Moisture Exchanger (HME)

Q-lite™ Muffler

8 in. Slim Style Tube

Z2 CPAP Quick Start Guide

Z2 CPAP User Guide

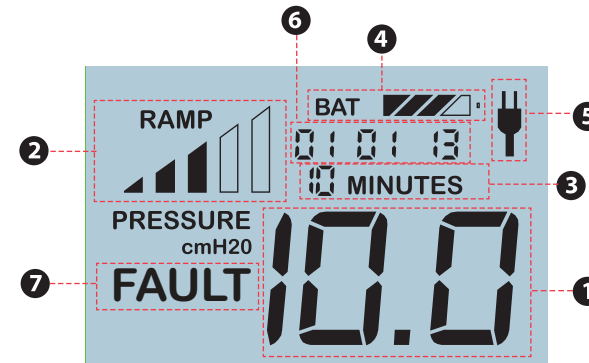


For complete Instructions for Use, please see the Z2 CPAP User Manual included with your Z2 CPAP.

## LCD Display Overview

The Z2 display offers useful information on device settings. Below is a brief overview of the information available using the built-in LCD. For more information, please refer to the Z2 CPAP User Guide.

1. Treatment pressure display
2. Ramp progress indicator (if ramp set)
3. Ramp time remaining (if ramp set)
4. Battery status (if present)
5. AC Power indicator (if connected)
6. General status display
7. Fault indicator (if fault occurs)



If **BP-R OFF** appears in the general status display, the internal battery needs replacement, so the device has stopped logging data. Call Breas to arrange for the battery to be replaced. Until then therapy will continue to be provided.

## Sleep Data Software

Breas Medical provides user software for data viewing which may be downloaded from the Breas Medical website to any Windows computer. A separate user guide for this software is available for download at the Breas Medical website, [www.breas.us](http://www.breas.us).

If you have any questions, consult the Z2 CPAP User Guide, email us at [supportUS@breas.com](mailto:supportUS@breas.com) or call Customer Support at 855-436-8724 Monday-Friday 8 am-5 pm EST.

Complete the form in the back of the User Guide or visit [www.breas.us](http://www.breas.us) to register your device.

Breas Medical, Inc. N. Billerica, MA 01862, USA

Z2™ is a trademark of Breas Medical, Inc. Q-lite™ and Z-Breathe® are registered trademarks of Breas Medical, Inc. Breas and the Breas logo are registered trademarks of Breas, AB.

US Patent Pending. © Copyright 2014–2022, Breas Medical, Inc. All rights reserved.

**BREAS**

Z2 CPAP Quick Start Guide v1, 03142022  
# 40-0108 Rev. A

# Z2™ CPAP Patient Quick Start Guide

**BREAS**



**Z2™**  
by Breas

# Welcome!

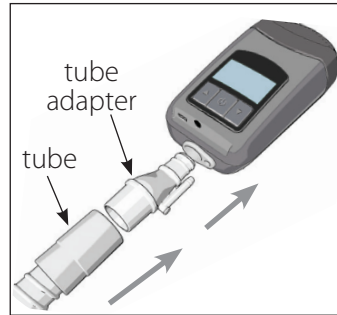
Congratulations on choosing the ultra-small, lightweight **Z2 CPAP** machine! Your new **Z2** has been programmed with your prescribed setting and is almost ready for use. **Please read the instructions below before using the Z2.**

## 1 Connecting the Tube

Connect the 4 ft. CPAP tube to the round end of the tube adapter. Insert the other end of the tube adapter into the outlet of the Z2 as shown.

Connect the other end of the CPAP tube to the mask.

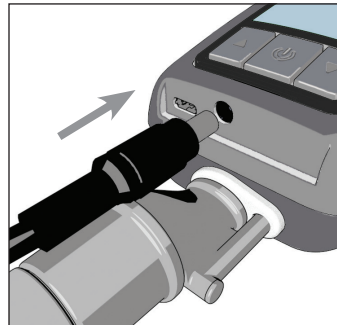
Ensure all connections are tight to avoid air leaks.



## 2 Connecting the Power

Plug the **Power Supply** into the **Z2** as shown and into a wall outlet. The **Z2** will go into standby mode displaying 0.0 on the screen.

The **Z2** display will always be active whenever the device is receiving power.



## 3 Starting Therapy

Place the mask on your face. Push the **Start/Stop Button** (⏻) to initiate therapy.

## 4 Stopping Therapy

To stop therapy, either press the start/stop button (⏻) again or remove your mask and the **Auto Stop Feature** will automatically stop therapy.



**NOTE:** The **Auto Stop Feature** will stop the therapy if a large air leak is detected between the **Z2** outlet and the mask. This may also happen at times when the mask is not being worn properly. This common condition should be resolved once all connections are secure, the mask is properly worn, and the **Start/Stop Button** has been pushed.

## 5 Setting Ramp

Ramp time and initial ramp pressure are adjusted while the Z2 is in standby mode (screen displays 0.0).

To set the ramp time, press and hold the UP ARROW (▲) until the ramp time flashes. Press the UP or DOWN ARROW until the desired setting is reached. Press and hold the START/STOP BUTTON (⏻) to save the new setting.

To set the initial ramp pressure, press and hold the DOWN ARROW (▼) until the pressure display flashes. Press the UP or DOWN ARROW until the desired setting is reached. Press and hold the START/STOP BUTTON (⏻) to save the new setting.

To disable the ramp feature, set ramp time to "00".

## 6 Choosing Z-Breathe® Settings

**Z-Breathe** is designed to provide exhalation comfort. There are 3 **Z-Breathe** settings. Which one is best for you depends on personal preference.

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

To set the **Z-Breathe** setting, press and hold down the **Up Arrow Button** (▲) and **Down Arrow Button** (▼) simultaneously while in Standby mode (pressure of "0.0" indicated on the display).

When the Function Mode indicator flashes on the LCD screen, select the desired **Z-Breathe** setting using the **Up Arrow Button** (▲) and **Down Arrow Button** (▼). Press and hold the **Start/Stop Button** (⏻) to save the new setting.

Your selected setting for **Z-Breathe** will be retained in the memory of your **Z2** unit after it is turned off.

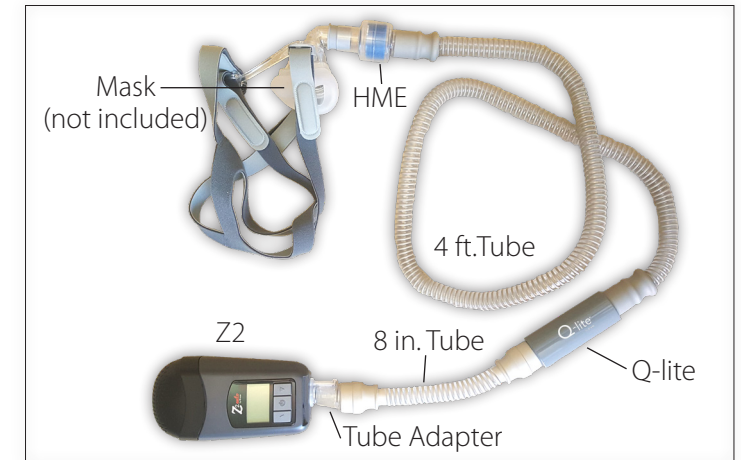
## 7 Accessories- Q-lite™ and HME

Your **Z2** comes with two accessories – the **Q-lite** muffler and the **HME** (Heat Moisture Exchanger).

The **Q-lite** is a reusable accessory designed to reduce acoustic noise transmitted to the mask through the CPAP tube. See illustration below for where to install it.

The **HME** (Heat Moisture Exchanger) works to provide humidification by capturing the moisture as you exhale and provide it back to you as you breathe. The **HME** is installed as close to the mask as possible. See illustration below.

The **HME** should be discarded after seven days of consecutive use or when it fails to provide adequate humidification.



## 8 Replacing the Filter

The **Z2** comes with a **Filter** preinstalled at the factory plus a replacement **Filter**. When it is time to replace the filter, remove the **End Cap** by squeezing the sides and pulling down. Insert the new filter into the **End Cap** as shown, with arched side of the filter aligned with the top of the **End Cap**. Ensure the filter covers all holes in the end cap. Press the **End Cap** onto the **Z2**.

