



## *Sample Instructions*

- 1** It is best practice when sampling V-Com<sup>TM</sup>'s effect to turn OFF ramp and any expiratory pressure relief in your CPAP device (EPR, CFlex, ResLex, etc).
- 2** It is our suggestion to set CPAP to either 10cm H2O or 12cm H2O. Put mask on and turn on machine and sample pressure **without V-Com**. Breathe slow and steady as if you are trying to fall asleep. Regulate your breathing until you have a good handle on what this pressure feels like.
- 3** Without turning the machine off, place the V-Com between the CPAP hose and mask (see example). Please note that the V-Com effect will be felt more with a nasal pillow mask more than a full face mask. The V-Com will fit between all hoses and interfaces with the exception of the ResMed AirMini, which has a proprietary interface. It will only fit one way as it has male and female connections.



## *Sample Instructions*

- 4** Again, breathe slow and steady as if you are trying to fall asleep. Take a few breaths and feel the difference on INSPIRATION with the V-Com in line. You can alternate back and forth with V-Com and without V-Com to feel the difference. You can also place 2 V-Coms in line sequentially for a more demonstrative inspiratory drop when demonstrating the V-Com.



**\*Current CPAP users: If you are acclimated to CPAP, you may NOT prefer the feeling of V-Com initially. Some users may feel “air-hungry” and may not like the decreased inspiratory pressure and flow at first, because they are used to a different feeling from their CPAP device. However, there are benefits beyond comfort that existing users (and new patients) experience and prefer (decreased need for chinstraps, quieter machines, less aerophagia, etc).**