

## Box Contents



Z2 Auto 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

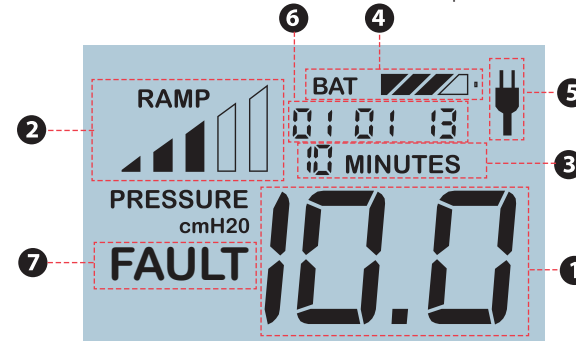
Z2 Auto Quick Start Guide

Z2 Auto User Guide

## 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 Auto 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 **BAT 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.

## Z2 Auto Nitelog® Bluetooth App

Your **Z2 Auto** has a range of functionality from device remote control to data viewing available via its embedded Bluetooth capability. The **Z2 Nitelog® App** is available for download at the App Store™ for Apple devices or at Google Play for Android devices. Separate **Z2 Nitelog® App User Guides** are available for download on the Breas Medical web site, [www.breas.us](http://www.breas.us). The App User Guides provide an overview of the App as well as detailed use instructions.

## 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 Auto 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.

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

Breas Medical, Inc. 16 Esquire Road, N. Billerica, MA 01862, USA

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# BREAS

Z2 Auto Quick Start Guide v1, 03182020  
# 40-0109 Rev. B

# Z2™ Auto Patient Quick Start Guide

# BREAS



Z2 auto  
by Breas

For complete Instructions for Use, please see the Z2 Auto User Manual.

# Welcome!

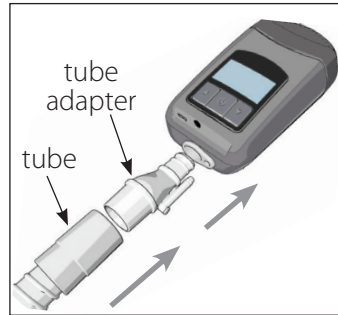
Congratulations on choosing the ultra-small, lightweight **Z2 Auto** machine! Your new **Z2** has been programmed with your prescribed setting and is almost ready for use. **Please read the instructions below before using the Z2.**

## 1 Connecting the Tube

Connect the **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.

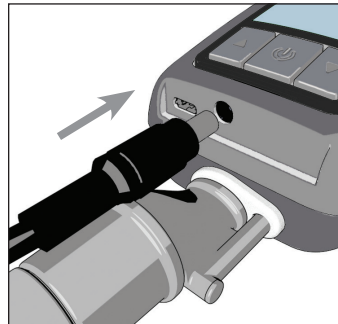
Ensure all connections are tight to avoid air leaks.



## 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

To initiate therapy, push the **Start/Stop Button** (⏻) or place the mask on your face and start breathing. The **Auto Start / Start Feature** will start the therapy automatically.

**NOTE:** The **Auto Start / Stop** feature may not work with the use of a full face mask due to its design. In this case you will need to press the **Start/ Stop Button** to start the therapy.



**NOTE:** The **Auto Start / 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 or you start to breathe through the mask.

## 4 Stopping Therapy

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

## 5 Setting Ramp

Ramp time and initial ramp pressure is 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.

- APAP 1 or CPAP 1 offers mild pressure swing relief
- APAP 2 or CPAP 2 is the Default Setting and offers moderate pressure swing relief
- APAP 3 or 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.

**NOTE:** Function Modes (APAP vs CPAP) can ONLY be set by a healthcare provider.

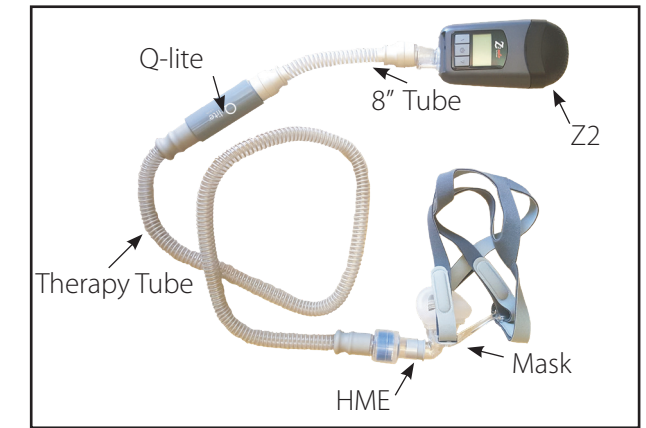
## 7 Accessories- Q-lite™ and HME

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**.

