

**Swift™ FX for Her**

NASAL PILLOWS SYSTEM

**Fitting Guide**



- Holding the pillows at your nose, pull the headgear over your head.
- Headgear should sit midway between the ears and eyes.



- Adjust the top strap first.
- Pull the strap through the buckle one notch at a time.
- Do not overtighten.



- Adjust the backstrap to fine-tune the fitting if necessary.
- Do not overtighten.
- The backstrap can be positioned over or under the hair.



- Swift™ FX for Her pillows are designed to provide a natural fit.
- Minor adjustment can help position the pillows at the most comfortable angle in the nose.



- Connect the Swift FX for Her short tube to the device air tubing.
- Swift FX for Her is now fitted and ready for use.



- With the device turned on, check that the nasal pillows are properly inflated. To do this, pull the nasal pillows away from the face and cheek, make sure they are inflated and reposition them in the nose.

**OPTIONAL SOFT WRAPS**

- Wrap each of the soft wraps around either side of the headgear, folding the top fastener over the lower one.
- The soft wraps should be positioned on the cheeks, with the fasteners on the outside.

**Swift™ FX for Her**

NASAL PILLOWS SYSTEM

**Less mask. More you.**

The Swift™ FX for Her combines soft, lightweight design with a fit range specialized for women to meet women's unique needs.

- A choice of pink or light blue and gray backstrap lets you personalize your mask to fit your style
- Minimal design reinforces sense of freedom
- Unprecedented softness, simplicity and stability
- Flexible, fluid form conforms to facial contours and user movements
- Promotes early therapy acceptance
- Intuitive, virtually instant fitting
- Stable performance, even at high pressures

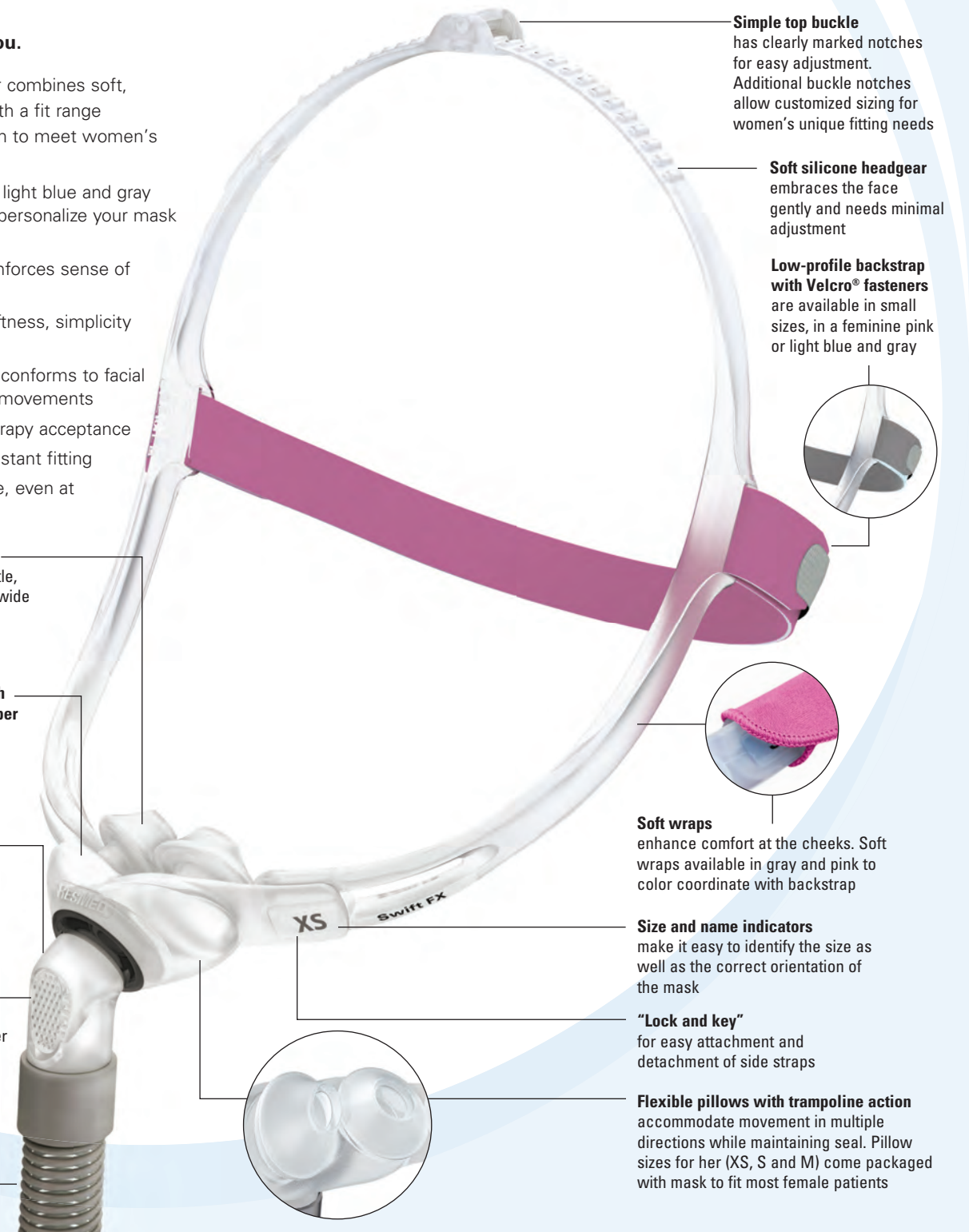
**Dual-wall nasal pillows** seal on contact for a gentle, comfortable seal, offer a wide fit range and disperse air gently to the nose

**Soft, narrow cushion with integrated flexible chamber** makes side sleeping comfortable and helps maintain seal during movement

**Ultra-smooth 360° rotating elbow** rotates with easy, fluid movement for flexibility in tube positions

**Quiet vents** diffuse and direct airflow quietly away from the user and bed partner

**Spring-flex lightweight tube** stretches and bends uniquely for increased stability without the use of a tube retainer



**Simple top buckle** has clearly marked notches for easy adjustment. Additional buckle notches allow customized sizing for women's unique fitting needs

**Soft silicone headgear** embraces the face gently and needs minimal adjustment

**Low-profile backstrap with Velcro® fasteners** are available in small sizes, in a feminine pink or light blue and gray

**Soft wraps** enhance comfort at the cheeks. Soft wraps available in gray and pink to color coordinate with backstrap

**Size and name indicators** make it easy to identify the size as well as the correct orientation of the mask

**"Lock and key"** for easy attachment and detachment of side straps

**Flexible pillows with trampoline action** accommodate movement in multiple directions while maintaining seal. Pillow sizes for her (XS, S and M) come packaged with mask to fit most female patients

**STYLE AND DESIGN WITH HER IN MIND**



**Soft wraps**

Added softness at the cheeks enhances comfort and minimizes pressure.

**Hair management made easy**

Adjustable backstrap can be worn over or under the hair to accommodate a wide range of hairstyles.

**The feminine touch**

Breathe-O-Prene® headgear material keeps moisture away from skin for maximum comfort. Both pink and light blue and gray backstraps are included in the packaging.



**Women and OSA Facts**

- Anecdotal evidence suggests that 30 to 50% of new OSA patients are women<sup>1</sup>
- The risk of sleep apnea in women after menopause is equal to that of men<sup>2</sup>
- Menopause may play a role in the severity of sleep apnea<sup>3</sup>
- Snoring during pregnancy may be an indication of developing sleep apnea<sup>4</sup>
- Insomnia and morning headaches are often the main indicators of sleep apnea in women<sup>5,6</sup>
- Women who snore are almost twice as likely to have high blood pressure<sup>7</sup>
- Sleep apnea is related to a higher risk of depression in women<sup>8</sup>



1 ResMed estimate based on internal data  
 2 Pickett et al. *J Appl Physiol* 1989  
 3 Resta et al. *Eur J Clin Invest* 2003  
 4 Charbonneau et al. *Am Rev Respir Dis* 1998  
 5 Shepertycky et al. *Am Rev Respir Dis* 2005  
 6 Ambrogetti et al. *Aust New Zeal J Med* 1991  
 7 Hu et al. *Am J Epidemiol* 1999  
 8 Smith et al. *Chest* 2002

\* Testing per ISO 3744:1994 Acoustics determination of sound power levels of noise using pressure at 10 cm H<sub>2</sub>O. Quoted percentage comparisons are calculated by converting sound power values from a logarithmic scale to a linear scale

**Swift FX for Her**  
 Nasal Pillows System

(includes 3 pillow sizes: Extra Small, Small and Medium)

**Product Code:**  
**Americas 61540**

**Swift™ FX for Her**

NASAL PILLOWS SYSTEM

**Components Card**

**Complete system**  
**61540**

(includes XS, S and M pillows,\* pink and light blue backstraps, and pink and gray soft wraps)

**Frame system**  
 (no headgear)

- XS **61510**
- S **61511**
- M **61512**
- L **61513**

**Frame assembly**  
 (no headgear, no pillows)

**61528**

**Headgear assembly**  
 (includes headgear, pink and light blue backstraps, and pink and gray soft wraps)  
**61543**

**Short tube assembly/**  
**frame assembly**  
 (includes short tube, elbow and swivel)  
**61528 (1)**

**Pillows**  
**XS 61520**  
**S 61521**  
**M 61522**  
**L\* 61523**

**Soft wraps**  
**Pink 61544 (2)**  
**Gray 61530 (2)**

**XS** Extra Small    **S** Small    **M** Medium    **L** Large

\*Large (L) pillows are available separately

