BREAS | Z1 DATA VIEWER

INSTALLATION AND SET-UP

Welcome to Z1 Data Viewer.
Please use the following steps to get started.

1 MICROSOFT.NET FRAMEWORK 4.5

Check to see that your PC has Microsoft.NET Framework 4.5.
If it does not you will need to use this link and follow the installation instructions:
http://www.microsoft.com/en-us/download/details.aspx?id=30653

2 INSTALLING DATA VIEWER

If previous version is already installed, please uninstall it before installing new version. You
are now ready to go to the link below and download the Z1 Data Viewer.
https://hdmusa.com/support/user-guides-and-software/
Open the link and choose Run, followed by Next, Install and Finish.
You are now ready to use Z1 Data Viewer for PC.

3 SYNCING WITH YOUR Z1™

With your Z1 powered-up in standby mode and Data Viewer open, use the included USB to Micro
USB cable, and connect your Z1 to a USB port on you PC. At the top of the screen look for and choose
the option "SYNC with DEVICE".
Perform the sync function each time you have new data. The Z1 will store up to 180 nights at 8
hours per night.

USING YOUR Z1 DATA VIEWER FOR PC

Z1 Data Viewer provides you with usage and quality information. Usage is represented in hours per session (night) and
quality of sleep is measured by the number/duration of air leaks, pressure, Apnea, Hypopnea, AHI index during sleep. If
your provider requires CPAP compliance information for reimbursement, this is available on the usage screen.

The following screen shots will guide you through the information obtainable from this version of Z1 Data Viewer. Please
note that some of the tab functions such as Apneas, Hypopneas and AHI are functional for APAP device only.

DASHBOARD

The dashboard selection gives you the main screen for data viewing choices. From here you will choose "Quality" or "Usage", after which you will click on the calendar to pick a month view of Usage or a Day, Week, or Month view of Quality (number and duration of leaks during therapy).
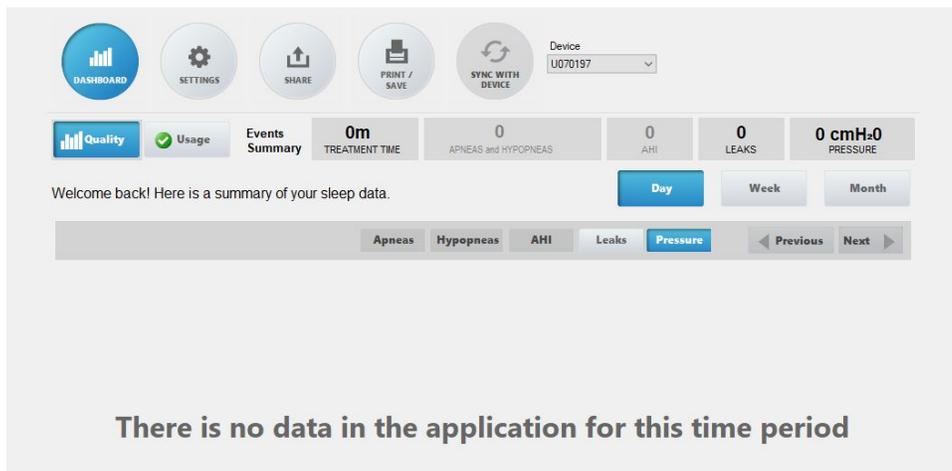
SETTINGS

With your Z1 connected to a PC, the settings selection will give you your Z1 device information as seen below. Data Viewer version is displayed. The serial number appears also at the right in the top menu.
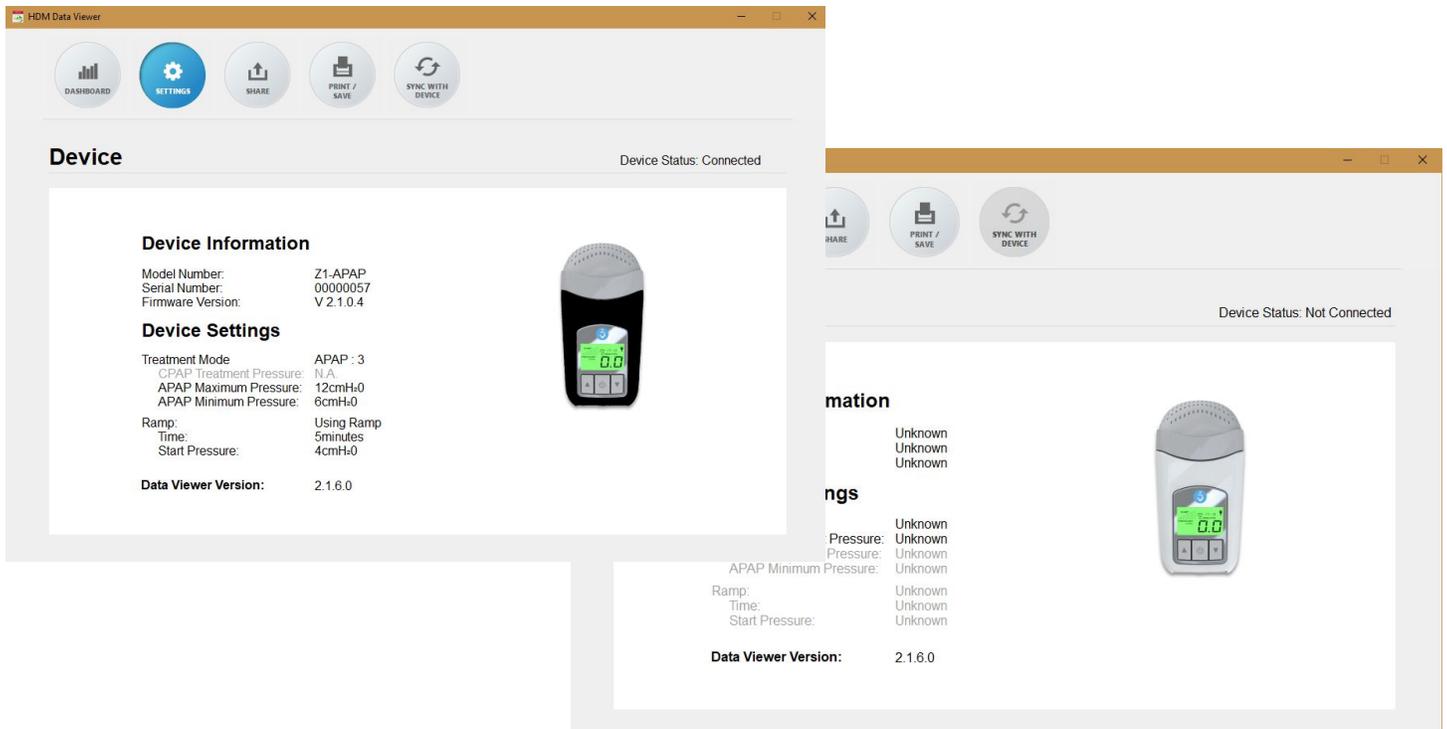
SHARE

The share selection allows you to share your data with an individual (physician or provider) that also has Z1 Data Viewer loaded on their PC. Simply choose "share my data". To view shared data, choose "View Shared Data", and select the data file.
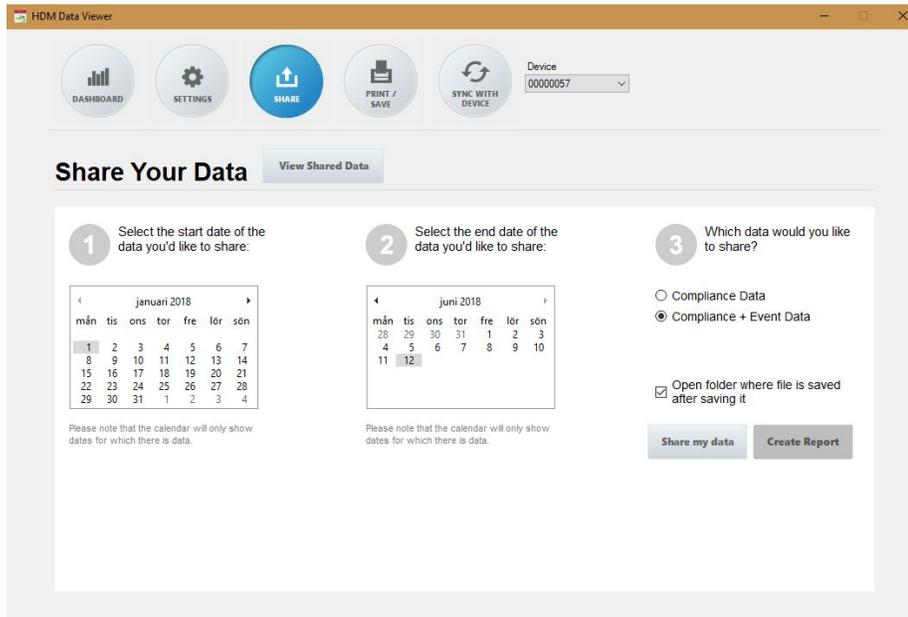
To create a report as a .pdf file, choose "Create Report". You can personalize your report (Name, date of birth...)
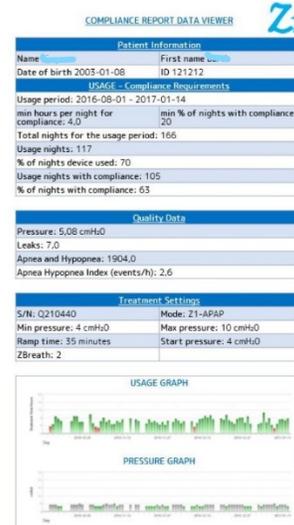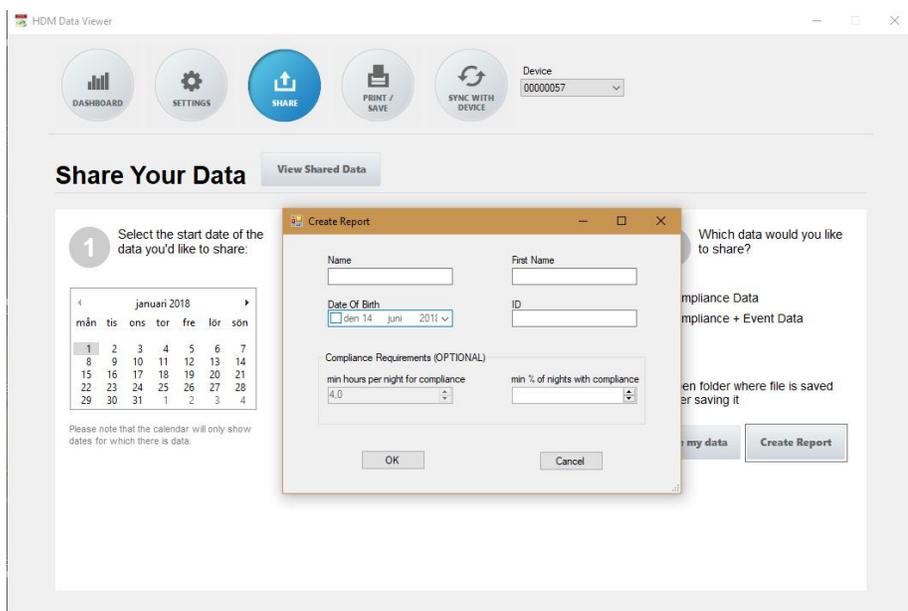
PRINT/SAVE

The print/save selection allows you to print the existing screen or save the screen to your PC as a .png file. You can then email this file to your provider or physician.

SYNC WITH DEVICE

The Sync with device selection is chosen each time you upload new data. Make sure your Z1 is connected to a USB port on your PC with Data Viewer running and a drop box will appear showing the sync progress.

NOTE: When sync with device, new data will be added to the existing data. To clear the database on Data Viewer, press F10, select "Clear Dataviewer Database".

USAGE DATA SCREEN

Daily usage may be viewed by selecting the desired month on the calendar and proceeding to the day. When you place the cursor on any of the bars a pop-up will give you pressure, numbers of Apneas/Hypopneas, AHI index, and number of leaks and leak duration for that corresponding day. The total usage for the month is displayed in the top right corner, in this case there was 64% usage in Feb 2018. This usage figure is based on Medicare requirements for CPAP compliance set forth in October 2008. If you select the Usage tab, a drop down will appear displaying the 30-day date range that qualified you for CPAP compliance and this information may be saved to file, emailed or printed.

QUALITY DATA SCREEN

Sleep quality is determined by the absence of apneas, hypopneas and air leaks during sleep. You may view your leak history to look for leak patterns by day, week or month. Simply select the desired tab. While it is normal to have some air leaks during sleep it is good practice to limit these in frequency and duration.

Frequent and problematic air leaks can occur in two ways:

1. A poorly fit mask may move as you move while sleeping. Be sure to check that your mask is properly fit and adjusted.

2. Mouth breathing is also a common problem associated with CPAP therapy. If you wake up with a dry and parched mouth or throat, this can be an indicator of excessive mouth breathing. If this is the case, contact your physician or provider for a solution.