Programming Instructions

- **Set CPAP Mode Pressure**
  - Unlock Z2 – **press and hold start/stop button** until a number and *CPAP-LOC* appears.
  - Press and hold **up and down arrow buttons** until a flashing number appears and *CPAP* appears.
  - Use the **up and down arrow buttons** to set desired *CPAP* pressure.
  - Once set, **press and hold start/stop button** until *ACCEPT* appears on screen. This will return you to home screen.

- **Set Ramp Time**
  - While in standby mode, **press and hold the up arrow button** for 3 seconds until flashing *00 MINUTES* appears.
  - While flashing, use **up and down arrow buttons** to increase or decrease the ramp time in 5-minute increments.
  - When desired ramp time is reached, **press and hold start/stop button** until *ACCEPT* appears on screen. This will return you to home screen.
    - Ramp Time must be set to a minimum of 5 minutes prior to attempting to program Ramp Start Pressure or change to Ramp Start Pressure will not save, and you will receive *FAIL 2*.
    - To disable Ramp Mode, set ramp time to *00 MINTUES*.

- **Set Ramp Start Pressure**
  - **Press and hold the down arrow button** for 3 seconds until ramp start pressure value flashes.
  - While flashing, use **up and down arrow buttons** to increase or decrease the ramp start pressure by 0.5 cm H_2O increment. (Ramp start pressure must be lower than prescribed pressure.)
  - When desired ramp start pressure is reached, **press and hold start/stop button** until *ACCEPT* appears on screen. This will return you to home screen.

Programming Instructions

- **Set Mode - CPAP or APAP and Z-Breathe® setting**
  - Press and hold the **up and down arrow buttons** at the same time.
  - Flashing *APAP-1, 2, 3* or flashing *CPAP-1, 2,3* will appear. Release buttons.
  - Use the **up and down arrow buttons** to select desired mode and Z-Breathe® setting.
    - 1 – offers mild pressure swing relief
    - 2 – offers moderate pressure swing relief (this is the default setting)
    - 3 – most aggressive setting for pressure swing relief
  - Press and hold the **start/stop button** to save selection – hold until *ACCEPT* appears on screen. This will return you to the home screen.

- **Set APAP Mode Pressures – Minimum and Maximum**
  - Unlock Z2 – **press and hold start/stop button** until a number and *APAP-LOC* appears.
  - Press and hold **up and down arrow buttons** until a flashing number appears and *APAP HI* appears.
  - Use the **up and down arrow buttons** to set desired *APAP HI* pressure.
  - Once set, press and hold **start/stop button** until *ACCEPT* appears on screen.
  - A flashing number and *APAP LO* appears on screen. Set desired *APAP LO* pressure.
  - Once set, press and hold **start/stop button** until *ACCEPT* appears on screen. This will return you to home screen.

Programming Instructions

- **Set Auto Start / Stop**
  - **Press and hold the up arrow button and down arrow button** at the same time until the Z-Breathe setting flashes. Release the buttons.
  - **Press and hold the up arrow button and down arrow button** at the same time again until flashing *ROFF-ON* appears on screen. Release the buttons.
  - **Press down arrow button** to change the auto start/stop to off. *ROFF-OFF* will appear on the screen.
  - **Press and hold the start/stop button** until *ACCEPT* appears on screen. This will return you to home screen.
  - To change the auto start/stop back to on. Follow above steps, until flashing *ROFF-OFF* appears on screen. Release the buttons.
  - **Press up arrow button** to change the auto start/stop to on. *ROFF-ON* will appear on the screen.
  - **Press and hold the start/stop button** until *ACCEPT* appears on screen. This will return you to home screen.
- **Turn on Bluetooth (this will allow connection to Z2 Nitelog® Mobile App)**
  - Immediately after plugging the power adapter into Z2, **hold the up arrow button** until *bt-ON* appears. This indicates your Bluetooth has been turned on. You will be returned to the home screen automatically.
  - To turn the Bluetooth off, immediately after plugging the power adapter into Z2, *hold the down arrow button* until *bt-OFF* appears. This indicates your Bluetooth has been turned on. You will be returned to the home screen automatically.