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Accessing the setup menu on the Philips Respironics System One REMstar SE Machine Remove the adapter power cord from the back of the machine, wait a couple of seconds, then plug it back in. The unit should power up. Press the power on button, let the unit blow for a couple seconds, then press the power button again. The blower will shut off. Press the farthermost button on the left (the "Ramp" button") and the left-arrow button right beside it, simultaneously, and hold them both down (around 5 seconds) until "P - 1" shows up on the display. This will indicate you are in the Setup Mode. At this point, you will be allowed to cycle through the setup menu. As you depress either the left or right arrow key, you will land on several icons on the display that indicate which setting you can adjust. You want to get to the "cm H2O" icon. Depress either left or right until you reach that icon. Press the power button once, and your pressure setting will blink. You may then use the left or right buttons to change your pressure setting. When you are done, simply press "Ramp" and the left-arrow button simultaneously, and hold until "P - 0" flashes briefly. You are then back in the standard operating mode. (This procedure has been written whilst I was working side-by-side with the machine. Sorry for the initial complexity, but I wanted to relay it in the most approachable way for everyone.) I went to the homecare provider today, and brought my unit in for them to examine. While I was there, I managed to "eavesdrop" on the clinician's finger presses, and surreptitiously learned the key-press sequence required to access the Setup Menu. Please, note that the left and right arrow keys stick. You must be SURE you are pressing the left-arrow key independently. I found this was easiest to achieve by using my index finger to depress the "Ramp" button, and my pointer finger to depress the leftmost edge of the left-arrow button. I hope this helps others. Support Apnea Board & OSCAR  RE: Accessing the setup menu on the Philips Respironics System One REMstar SE Machine Thanks Greg! I'm sure this will help quite a number of folks... I'll copy your info onto our CPAP Clinician Manual & Setup Page at the next opportunity. RE: Accessing the setup menu on the Philips Respironics System One REMstar SE Machine Is this deeper than the tech setting I get to by selecting Setup and holding the ramp button for 10 seconds? On my new machine that is all I need do to get into it. And simple use the exit screen to close it. my system: Machine: Respironics DS950HS Mask Type: Full face mask Mask Make & Model: Respironics FitLife FFM Humidifier: Respironics CPAP Pressure: none yet CPAP Software: SleepyHead Fact-Checked Our content undergoes rigorous expert review, evidence-based research, and regular updates for accuracy.  Key Takeaways Personalized Humidity Settings: There's no one-size-fits-all humidity level for CPAP machines; finding your ideal setting requires trial and error. Start just under half of your machine's maximum humidity level and make small adjustments until you find what works for you. Seasonal Adjustments: Your humidity needs may change with the seasons, requiring less humidification in the summer and more in the winter. Symptom-Based Tuning: If you experience dryness or nosebleeds, consider increasing the humidity; if you notice too much moisture, reduce it. Don't Overdo It: If your humidity level is too high, water can collect in your hose, gurgling or splashing onto your face and waking you up in the middle of the night. This is known as rainout. Heated Hose Option: For a more consistent experience, consider adding a heated hose to prevent moisture accumulation in the mask and tubing. If you have been treating sleep apnea with CPAP for a long time, you have likely experienced adverse CPAP side effects such as mouth and nose dryness or even nose bleeds. Not only are these side effects uncomfortable to deal with, but they also make it much more difficult to stick with your therapy routine, in turn jeopardizing your health. To combat these unwanted side effects, most modern CPAP machines now come with integrated or built-in humidifiers. The continuous, pressurized stream of air will easily dry out your nose and throat without humidification, and this happens more easily in the winter months and for those on medications with drying effects such as antihistamines, antidepressants, antipsychotics, blood pressure, and heart medications, etc. By finding the right humidity level, you can typically protect yourself from drying out your airway and developing nosebleeds. Unfortunately, there’s no ‘best’ humidity level for your CPAP because everyone has different preferences and needs. Finding the ideal humidifier setting for your CPAP machine should only take a bit of trial and error, though, and usually only takes a handful of nights to dial in. As a general rule of thumb, the best humidity level for CPAP machines is a setting of three. But not every CPAP machine has the same settings. This recommendation comes from machines with a maximum setting of eight. Our advice is to start at one setting below half of the maximum setting of your machine and adjust your settings up or down one at a time until you arrive at your desired humidity level. In the summer, you’ll require less humidification, but in the winter, it’s likely you’ll want a higher setting. In this article, we’ll discuss everything you need to know about finding the best humidity level for your CPAP machine and how that changes throughout the year. Keep reading to learn how to maximize your therapy comfort with CPAP humidification! There are several side effects that result from the continuous pressurized air from your CPAP machine; some of the most common are: The reduction of oronasal mucus (which lines your nasal passages, throat, and the roof of your mouth) is the first sign of inadequate humidification. While the nasal passages are designed to take moisture from exhaled air and provide it for inhaled air, they can only do so with the help of mucus. Due to the constant stream of pressurized air, the mucus becomes dried out, drying out your nose, mouth, and throat in turn. The real kicker with mucus, however, is that most people with Obstructive Sleep Apnea tend to already experience mouth and throat dryness before CPAP therapy. In fact, a study from 2010 found that 61% of the participants encountered mouth dryness before starting CPAP. Additionally, 54% reported throat dryness, 52% reported nasal stuffiness, and 51% reported nasal dryness. After the introduction of CPAP, those numbers were reduced to 37% (mouth dryness), 34% (throat dryness), 24% (nasal stuffiness), and 28% (nasal dryness) respectively. Interestingly, another study from 2017 found that even without humidification, people with chronic allergies saw an improvement in dryness when undergoing CPAP therapy. Whether dryness improved or worsened for you after starting CPAP, the fact remains that humidification helps to return much-needed moisture to the airway and nasal passages that become dry with CPAP therapy. While some people see an improvement over their non-treated symptoms, others will still require a humidifier for more comfortable therapy. While you might think that those treating their OSA with CPAP are more prone to developing sinus infections, research from 2012 revealed that CPAP actually reduced the number of sinus infections experienced by those with OSA. The same study establishes that most people with untreated OSA actually experience some form of adverse dryness or irritation of the respiratory tract before starting CPAP. However, the dryness of the mucus lining in the nose and throat reduces the body’s natural protection against infections, contaminants, and allergens, so using a humidifier is a good idea to ensure your body is still able to handle and expel irritants and potential infections. The symptoms of dryness can aggravate the nasal passages after long stretches of dried nasal passages without humidification. By adding humidification and keeping your nasal passages from drying out, you’ll be less prone to nose bleeds from CPAP. Similar to dryness, many people with OSA actually already frequently experience sore throats before beginning CPAP. If they still have the same problem with CPAP, heated humidification provides moisture to the airway and protects it from becoming more irritated. The answer to what the humidity level should be on your CPAP machine can be different depending on the time of the year, your personal preferences and needs, and the CPAP machine being used. Thanks to the higher relative humidity in the summer, you’ll require less humidification in warmer months and less arid climates because the air is already partially humidified. As the temperature drops in the winter, however, the air is unable to carry as much moisture and needs more help from your humidifier to maintain a comfortable therapy experience. The majority of modern CPAP devices have built-in humidifiers, but standalone options can be found for older machines without one. The best humidity setting for CPAP comes down to personal requirements. Some doctors suggest turning the knob to maximum if experiencing dry mouth, nasal congestion, etc. but there are indicators to keep an eye out for to help you find the best humidity setting for your personal needs. If you wake up feeling dry and stuffy, you’ll want to turn your humidifier up. If you run out of water, notice a lot of moisture in your mask and tubing, or wake up due to rainout, you’re likely using too much humidification or you’d benefit from introducing a heated hose to your setup, which we’ll talk about more in the section below. As a general rule of thumb for warmer months, we recommend starting one setting below half of your machine’s maximum setting the first time you try humidification. For colder times of the year, it may be better to start at half or even one setting above half of your machine’s maximum humidity option for best results. Keep in mind that higher pressures will require more moisture, and it’s entirely possible that a high setting of 12 cmH2O or more with maximum humidification will drain your chamber before the end of the night, depending on your CPAP machine. In other words, the maximum setting isn’t necessarily the best setting, and your results will vary depending on the variables we’ve discussed. When it comes to CPAP humidification, temperature is an interesting topic. If there is water in your chamber but the humidifier is turned off, the air will still pass through the chamber, collecting a small amount of moisture on the way. This is called passover humidification, and it is typically more effective in warmer climates with already-high relative humidity. When enabled, the settings on your humidifier provide more humidification by raising the temperature of the heating plate located beneath your water chamber. While you won’t be able to set your temperature and humidity level independently, a heated hose can help reduce the collection of excess condensation and moisture in your mask and hose. When the air outside your hose is colder than the air inside of it, condensation forms and water gathers in the tube and mask. Not only can this splash onto your face and wake you up in the middle of the night, but it’s also a breeding ground for bacteria when not properly dried in the morning. Heated hoses will maintain a consistent tube temperature, preventing you from losing moisture to the temperature difference and in turn, running your CPAP machine and humidifier more efficiently. Insulated hose covers can also accomplish this task, but won’t be as consistent as heated tubing. If your CPAP humidity is too high, you’ll notice an accumulation of moisture in your mask and hose. This collection of moisture might even collect to the point that it eventually splashes onto your face and wakes you up in a phenomenon known as rainout. Heated or insulated hoses can help prevent rainout and provide more consistent humidification. You should increase the humidity in your CPAP if you are still waking up with a dry mouth, throat, or nose, or experiencing nose bleeds after CPAP. If you wear a nasal mask and use humidification already, a CPAP chinstrap may help you combat dry mouth symptoms. Humidity levels on the CPAP refer to the amount of moisture in the air provided by your CPAP machine. Heated humidification can help relieve common CPAP side effects such as dry mouth, dry throat, dry nose, and nosebleeds. As a general rule of thumb, we recommend setting your CPAP machine to one setting below half of your maximum humidity setting and adjusting up or down one setting at a time until you find a reduction in your symptoms or stop the accumulation of water in your mask and hose. CPAP humidification is a highly personal experience that some people hate and some people can’t live without. While the perfect humidity setting may bring relief to one person in one climate, the same setting could lead to rainout for someone else in a colder climate. When setting your humidifier, we recommend setting the humidity level to one setting below half of your machine’s maximum humidification option. From there, change your humidity one level up or down at a time to find the best setting for your needs. If you’re still waking up dry and scratchy, turn it up. If you’re waking up to rainout or noticing too much moisture in your mask in the morning, try turning the humidification down or adding a heated hose for a more consistent experience. We hope this article helped you better understand your CPAP machine’s humidifier settings. If you liked the article, drop a comment below and tell us how you set your humidifier! If you’re still struggling to find the right setting, reach out to our expert customer service agents at 1-800-356-5221 from 8 a.m. to 8 p.m. Monday through Friday or 8 a.m. to 5 p.m. on Saturday and Sunday, and they’ll be more than happy to assist you! #1 05-17-2014, 02:35 PM (This post was last modified: 05-17-2014, 03:33 PM by WakeUpTime.) Heating Tubing settings for PR System One On the PR System One humidifier with the humidifier heated tube and heated hose, I've been looking at finding a way to keep the humidity higher. The heated hose seems to dry out the air significantly contributing to "dry mouth" for mouth breathers with full face masks. The humidifier is almost empty each morning, so I assume the heated hose dries the humidified water right out again. Being sick with a cold at the moment, it would be great to have warm moist air like a humidifier or vaporizer but the opposite is true. I really don't get the marketing brochure on the heated tube option that says: "higher levels of humidity can be achieved for patients who could benefit from humidification". How does heating moist air (therefore drying it out) increase humidification? Maybe it means when warm moist air hits a really cold hose it converts it back to water droplets that causes rainout and therefore doesn't enter the lungs; and therefore the humidity becomes negated? (I'm a dummy with sciences.) The settings for my PR System One (760) are: Heated Tube humidification: ON OFF (when heated tube attached) Humidity Level: 1 2 3 Tube temperature: 0 1 2 3 4 5 I dropped the "tube temperature" down to "1/5" last night and it was just the same dryness as all the other nights when set at '5/5'. I suppose the obvious answer is just turn it completely off (set at "0") which I'll try tonight, but I'm not looking forward to that blast of cool air all night (especially with a cold). With all this technology, it's crazy that someone can't get warm moist air like a vaporizer when needed. Just wondering if anyone has any advice on their experience with a heated hose. Strangely, rainout with my new 760 hasn't been seen, even though my machine is higher than the bed level. What's worse than CPAP? Being sick and using CPAP. It makes all those other solutions sound a lot better (even though they might be less effective when healthy). Support Apnea Board & OSCAR  RE: Heating Tubing settings for PR System One heating up moist air does not dry it out, think about it, where would the moisture go? heating up air increases it's ability to hold moisture, which is why when you have warm moist air coming out of the humidifier, and it hits a cold hose, it loses it's ability to hold moisture, and that moisture condenses on the hose, and you get water in the hose, and in your nose, if you have the machine higher than your face. if the machine is lower than your face, then the water runs back down the colder tube and into the humidifier, to start the cycle over. heating the hose, or putting a snuggie on it, keeps the hose from being colder, and condensing out the water, so more moisture actually gets to you. if cool warm moist air enough, the moisture starts condensing out of it without even touching anything, that's called fog. them's the facts. #3 05-17-2014, 03:22 PM (This post was last modified: 05-17-2014, 04:18 PM by WakeUpTime.) RE: Heating Tubing settings for PR System One Many thanks for that. But now I'm even more confused with my settings! I've got the humidity controls all on MAX (Hose Humidity 3/3 and Tube Temperature 5/5). My humidifier setting is set to 5/5 on the manual dial. So why is my air coming out dry-as-a-bone? (Humidifier reservoir almost completely evaporates each night.) Maybe it's due to mask leakage, though I've never had any kind of moist air on either of my masks on any day. Maybe the mask seal has to be absolutely perfect with absolutely no leakage before any kind of sizable humidity levels can be seen entering the lungs. Maybe the room is too dry with an air cleaner on all night. To get more humidity, you say I should get higher heat. Maybe my heated hose isn't heating up properly, especially since the "tube temperature" is set to 5/5. Maybe I should try one of those hose socks. (05-17-2014, 03:08 PM)diamaunt Wrote: heating up moist air does not dry it out, think about it, where would the moisture go? heating up air increases it's ability to hold moisture, which is why when you have warm moist air coming out of the humidifier, and it hits a cold hose, it loses it's ability to hold moisture, and that moisture condenses on the hose, and you get water in the hose, and in your nose, if you have the machine higher than your face. if the machine is lower than your face, then the water runs back down the colder tube and into the humidifier, to start the cycle over. heating the hose, or putting a snuggie on it, keeps the hose from being colder, and condensing out the water, so more moisture actually gets to you. if cool warm moist air enough, the moisture starts condensing out of it without even touching anything, that's called fog. #4 05-18-2014, 10:13 AM (This post was last modified: 05-18-2014, 11:29 AM by WakeUpTime.) RE: Heating Tubing settings for PR System One Experimented with TRAZODONE to help with CPAP sleep a couple of days ago. One of Trazodone's biggest side effects? "DRY MOUTH" I guess I shouldn't blame everything on CPAP therapy ;-) Sure, the humidifier isn't putting out the humidity that I'd ideally like at the moment, but it wasn't so bad if there's no Trazodone involved. Trazodone + Sick-with-cold (nose clogged) + CPAP High Pressure = Dreadful sleep due to extreme dry mouth for mouth-breathers Lesson learned: With the new CPAP lifestyle (and having Sleep Apnea), one has to be careful with lots of other stuff that could further affect the quality of sleep (meds, alcohol, foods, night-time schedules, etc. etc.). Support Apnea Board & OSCAR  RE: Heating Tubing settings for PR System One The way the heated hose option works is, Humidity level sets the level of humidity; 1=70%, 2=80%, & 3=90%. Tube temperature just sets how hot the tubing gets but doesn't affect the amount of humidity the machine produces. Since this is a closed system the water isn't getting dried out of the air. Some of it is going out the vent but you're breathing most of it. If your tank is empty in the morning it's supplying all the moisture it can. Fact-Checked Our content undergoes rigorous expert review, evidence-based research, and regular updates for accuracy.  Key Takeaways Personalized Humidity Settings: There's no one-size-fits-all humidity level for CPAP machines; finding your ideal setting requires trial and error. Start just under half of your machine's maximum humidity level and make small adjustments until you find what works for you. Seasonal Adjustments: Your humidity needs may change with the seasons, requiring less humidification in the summer and more in the winter. Symptom-Based Tuning: If you experience dryness or nosebleeds, consider increasing the humidity; if you notice too much moisture, reduce it. Don't Overdo It: If your humidity level is too high, water can collect in your hose, gurgling or splashing onto your face and waking you up in the middle of the night. This is known as rainout. Heated Hose Option: For a more consistent experience, consider adding a heated hose to prevent moisture accumulation in the mask and tubing. If you have been treating sleep apnea with CPAP for a long time, you have likely experienced adverse CPAP side effects such as mouth and nose dryness or even nose bleeds. Not only are these side effects uncomfortable to deal with, but they also make it much more difficult to stick with your therapy routine, in turn jeopardizing your health. To combat these unwanted side effects, most modern CPAP machines now come with integrated or built-in humidifiers. The continuous, pressurized stream of air will easily dry out your nose and throat without humidification, and this happens more easily in the winter months and for those on medications with drying effects such as antihistamines, antidepressants, antipsychotics, blood pressure, and heart medications, etc. By finding the right humidity level, you can typically protect yourself from drying out your airway and developing nosebleeds. Unfortunately, there’s no ‘best’ humidity level for your CPAP because everyone has different preferences and needs. Finding the ideal humidifier setting for your CPAP machine should only take a bit of trial and error, though, and usually only takes a handful of nights to dial in. As a general rule of thumb, the best humidity level for CPAP machines is a setting of three. But not every CPAP machine has the same settings. This recommendation comes from machines with a maximum setting of eight. Our advice is to start at one setting below half of the maximum setting of your machine and adjust your settings up or down one at a time until you arrive at your desired humidity level. In the summer, you’ll require less humidification, but in the winter, it’s likely you’ll want a higher setting. In this article, we’ll discuss everything you need to know about finding the best humidity level for your CPAP machine and how that changes throughout the year. Keep reading to learn how to maximize your therapy comfort with CPAP humidification! There are several side effects that result from the continuous pressurized air from your CPAP machine; some of the most common are: The reduction of oronasal mucus (which lines your nasal passages, throat, and the roof of your mouth) is the first sign of inadequate humidification. While the nasal passages are designed to take moisture from exhaled air and provide it for inhaled air, they can only do so with the help of mucus. Due to the constant stream of pressurized air, the mucus becomes dried out, drying out your nose, mouth, and throat in turn. The real kicker with mucus, however, is that most people with Obstructive Sleep Apnea tend to already experience mouth and throat dryness before CPAP therapy. In fact, a study from 2010 found that 61% of the participants encountered mouth dryness before starting CPAP. Additionally, 54% reported throat dryness, 52% reported nasal stuffiness, and 51% reported nasal dryness. After the introduction of CPAP, those numbers were reduced to 37% (mouth dryness), 34% (throat dryness), 24% (nasal stuffiness), and 28% (nasal dryness) respectively. Interestingly, another study from 2017 found that even without humidification, people with chronic allergies saw an improvement in dryness when undergoing CPAP therapy. Whether dryness improved or worsened for you after starting CPAP, the fact remains that humidification helps to return much-needed moisture to the airway and nasal passages that become dry with CPAP therapy. While some people see an improvement over their non-treated symptoms, others will still require a humidifier for more comfortable therapy. While you might think that those treating their OSA with CPAP are more prone to developing sinus infections, research from 2012 revealed that CPAP actually reduced the number of sinus infections experienced by those with OSA. The same study establishes that most people with untreated OSA actually experience some form of adverse dryness or irritation of the respiratory tract before starting CPAP. However, the dryness of the mucus lining in the nose and throat reduces the body’s natural protection against infections, contaminants, and allergens, so using a humidifier is a good idea to ensure your body is still able to handle and expel irritants and potential infections. The symptoms of dryness can aggravate the nasal passages after long stretches of dried nasal passages without humidification. By adding humidification and keeping your nasal passages from drying out, you’ll be less prone to nose bleeds from CPAP. Similar to dryness, many people with OSA actually already frequently experience sore throats before beginning CPAP. If they still have the same problem with CPAP, heated humidification provides moisture to the airway and protects it from becoming more irritated. The answer to what the humidity level should be on your CPAP machine can be different depending on the time of the year, your personal preferences and needs, and the CPAP machine being used. Thanks to the higher relative humidity in the summer, you’ll require less humidification in warmer months and less arid climates because the air is already partially humidified. As the temperature drops in the winter, however, the air is unable to carry as much moisture and needs more help from your humidifier to maintain a comfortable therapy experience. The majority of modern CPAP devices have built-in humidifiers, but standalone options can be found for older machines without one. The best humidity setting for CPAP comes down to personal requirements. Some doctors suggest turning the knob to maximum if experiencing dry mouth, nasal congestion, etc. but there are indicators to keep an eye out for to help you find the best humidity setting for your personal needs. If you wake up feeling dry and stuffy, you’ll want to turn your humidifier up. If you run out of water, notice a lot of moisture in your mask and tubing, or wake up due to rainout, you’re likely using too much humidification or you’d benefit from introducing a heated hose to your setup, which we’ll talk about more in the section below. As a general rule of thumb for warmer months, we recommend starting one setting below half of your machine’s maximum setting the first time you try humidification. For colder times of the year, it may be better to start at half or even one setting above half of your machine’s maximum humidity option for best results. Keep in mind that higher pressures will require more moisture, and it’s entirely possible that a high setting of 12 cmH2O or more with maximum humidification will drain your chamber before the end of the night, depending on your CPAP machine. In other words, the maximum setting isn’t necessarily the best setting, and your results will vary depending on the variables we’ve discussed. When it comes to CPAP humidification, temperature is an interesting topic. If there is water in your chamber but the humidifier is turned off, the air will still pass through the chamber, collecting a small amount of moisture on the way. This is called passover humidification, and it is typically more effective in warmer climates with already-high relative humidity. When enabled, the settings on your humidifier provide more humidification by raising the temperature of the heating plate located beneath your water chamber. While you won’t be able to set your temperature and humidity level independently, a heated hose can help reduce the collection of excess condensation and moisture in your mask and hose. When the air outside your hose is colder than the air inside of it, condensation forms and water gathers in the tube and mask. Not only can this splash onto your face and wake you up in the middle of the night, but it’s also a breeding ground for bacteria when not properly dried in the morning. Heated hoses will maintain a consistent tube temperature, preventing you from losing moisture to the temperature difference and in turn, running your CPAP machine and humidifier more efficiently. Insulated hose covers can also accomplish this task, but won’t be as consistent as heated tubing. If your CPAP humidity is too high, you’ll notice an accumulation of moisture in your mask and hose. This collection of moisture might even collect to the point that it eventually splashes onto your face and wakes you up in a phenomenon known as rainout. Heated or insulated hoses can help prevent rainout and provide more consistent humidification. You should increase the humidity in your CPAP if you are still waking up with a dry mouth, throat, or nose, or experiencing nose bleeds after CPAP. If you wear a nasal mask and use humidification already, a CPAP chinstrap may help you combat dry mouth symptoms. Humidity levels on the CPAP refer to the amount of moisture in the air provided by your CPAP machine. Heated humidification can help relieve common CPAP side effects such as dry mouth, dry throat, dry nose, and nosebleeds. As a general rule of thumb, we recommend setting your CPAP machine to one setting below half of your maximum humidity setting and adjusting up or down one setting at a time until you find a reduction in your symptoms or stop the accumulation of water in your mask and hose. CPAP humidification is a highly personal experience that some people hate and some people can’t live without. While the perfect humidity setting may bring relief to one person in one climate, the same setting could lead to rainout for someone else in a colder climate. When setting your humidifier, we recommend setting the humidity level to one setting below half of your machine’s maximum humidification option. From there, change your humidity one level up or down at a time to find the best setting for your needs. If you’re still waking up dry and scratchy, turn it up. If you’re waking up to rainout or noticing too much moisture in your mask in the morning, try turning the humidification down or adding a heated hose for a more consistent experience. We hope this article helped you better understand your CPAP machine’s humidifier settings. If you liked the article, drop a comment below and tell us how you set your humidifier! If you’re still struggling to find the right setting, reach out to our expert customer service agents at 1-800-356-5221 from 8 a.m. to 8 p.m. Monday through Friday or 8 a.m. to 5 p.m. on Saturday and Sunday, and they’ll be more than happy to assist you! Respironics System One Humidifier Settings Hello fellow board members. I am new to this board and just started treatment for obstructive sleep apnea. I was titrated using a Resmed S9 Autoset with H5i Humidifier with no heated tubing with humidity set at 3.5. I liked the humidity and temperature of the air at that setting. Now I have bought my Remstar Pro C-Flex+ with System One humifier and heated tubing. I have a question about the humidity settings (the manual is not very clear about which options do what). My provider had set the tube heating in the setup menu to "on" and no matter what I would dial the humidity wheel to, the air was too warm for my comfort. I just turned it to "off" and I noticed that the setup menu now shows "System One Humidification" set to "on". From what I understand this setting will automatically adjust the humidity based on room humidity level (measured by a sensor on the heated tube) and the dial wheel setting. I would appreciate any information that explains more clearly how the humidifier menu settings work and what the real life effect of each setting is. Thanks in advance. Support Apnea Board & OSCAR  RE: Respironics System One Humidifier Settings Krusher! Did you check the manufacturer's website to see how the humidifier is supposed to work? INFORMATION ON APNEA BOARD FORUMS OR ON APNEABOARD.COM SHOULD NOT BE CONSIDERED AS MEDICAL ADVICE.  ALWAYS SEEK THE ADVICE OF A PHYSICIAN BEFORE SEEKING TREATMENT FOR MEDICAL CONDITIONS, INCLUDING SLEEP APNEA. RE: Respironics System One Humidifier Settings (12-26-2013, 12:52 PM)PollCat Wrote: Krusher! Did you check the manufacturer's website to see how the humidifier is supposed to work? Yes. They have a lot of marketing info but nothing that clearly explains the menu options. RE: Respironics System One Humidifier Settings (12-26-2013, 12:05 PM)Krusher Wrote: I have a question about the humidity settings (the manual is not very clear about which options do what).You can also get the clinical manual which is available via email (scroll down to section three) provide more information than the manual come with machine Support Apnea Board & OSCAR  RE: Respironics System One Humidifier Settings Hi Krusher, WELCOME! to the forum.! Hang in there for more responses to your post. trish6hundred RE: Respironics System One Humidifier Settings The dial determines the heated tube setting. To set the humidity you need to use the settings menu. RE: Respironics System One Humidifier Settings Help! I have a Philips-Respironics PR System One Series Machine. Each night I dutifully fill the water chamber for the humidifier, and each morning, the chamber is still full--the humidifier is not working! I have checked both the regular and clinician settings, and everything *seems* to be turned on correctly (humidifier set to 5, etc.). I just got it back from the repair center, and after paying $90, it STILL doesn't work? Can anyone tell me what might be wrong? Support Apnea Board & OSCAR  RE: Respironics System One Humidifier Settings Hi DianaK, WELCOME! to the forum.! Hang in there for answers to your question about your humidifier and best of luck to you. trish6hundred