



My prisma JOURNAL

My therapy diary.



A warm welcome to your personal therapy diary.

prisma JOURNAL provides simple, quick access to your therapy data from the therapy devices

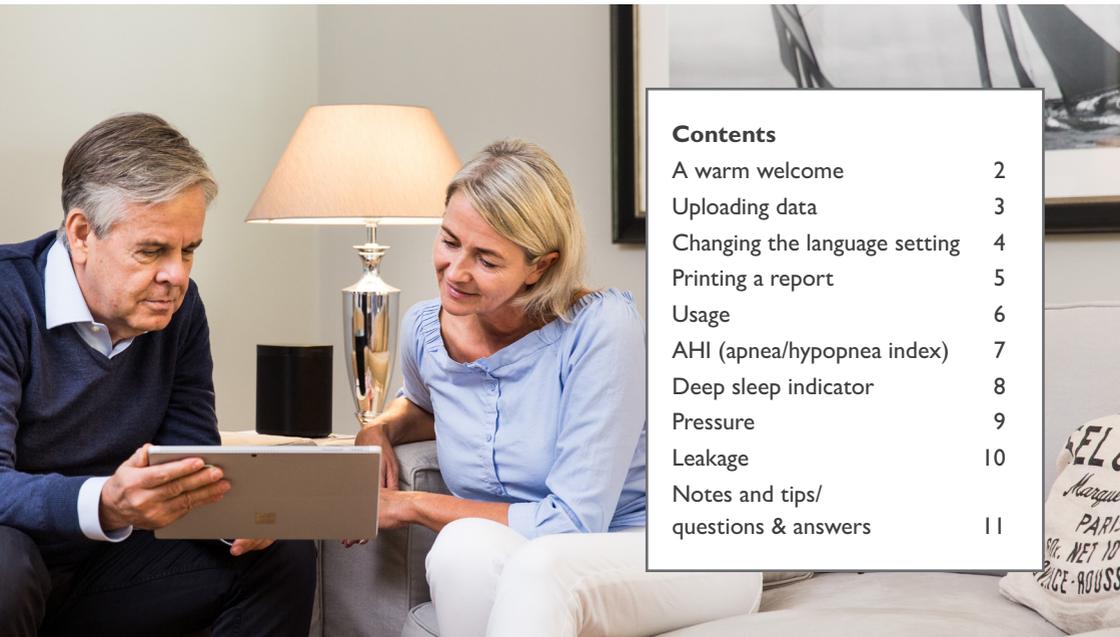
- prisma SOFT
- prisma SMART
- prisma 20C
- prisma 20A.

prisma JOURNAL supports you in managing your therapy yourself. You can visualize the progress of your therapy data conveniently and in full detail, obtain information about the quality of your sleep, create a print-optimized preview of the therapy overview – and much more besides.

Really important information for you: your data are not uploaded to the Internet, but only processed locally on your computer and never leave it.

In addition to very successful therapy and restorative sleep at night, we would like to wish you much pleasure from your prisma JOURNAL therapy diary.

My prisma JOURNAL: Sleep well and stay well-informed!



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Uploading data

1. Take the SD card out of the therapy device.
2. Insert the SD card in the SD card slot of your computer.
3. Now click on the link to prisma JOURNAL: <https://my.primajournal.com>
4. To open the therapy file, click on **Browse**.
5. Select the file `statistic.psstat` from the SD card.
An overview of the last month opens.
6. To select a different reporting period, click on the desired period (e.g. 6 months) in the top line. Mean values for key therapy parameters and details about your therapy device and settings are clearly displayed for the selected period.
7. Click on **First name, last name** to enter your name.

The screenshot displays the prisma JOURNAL interface for a user named 'First name, last name'. The interface is divided into a left sidebar with navigation options and a main content area. The main content area shows therapy statistics for a 1-month period, including Usage time (7:30 h), AHI (8 /h), Leakage (9 %), and Pressure (11 hPa). Below these statistics, there is a section for 'Days by usage hours' and a 'My therapy device' section with details like Device (prima20A), Version (4.05.0007), and Mode (APAP).

	1 month	3 months	6 months	12 months
Usage time	7:30 h			
AHI	8 /h			
Leakage	9 %			
Pressure	11 hPa			
The values displayed refer to days when the device was used (30 of 30).				
Open print preview of 1 month.				
Days by usage hours				
Days without usage:	0		Days with 4-5 hours:	0
Days with less than 3 hours:	0		Days with 5-6 hours:	1
Days with 3-4 hours:	0		Days of over 6 hours:	29
My therapy device				
Device:	prima20A		softPAP level:	soft2
Version:	4.05.0007		Therapy pressure:	min 4 hPa
Mode:	APAP			max 12 hPa



Changing the language setting

1. To change the language setting, first click on the **Language/Sprache** menu.

The screenshot shows the prisma JOURNAL interface for a user named 'First name, last name'. The interface is in German. The left sidebar has a menu with 'Language/Sprache' highlighted in green. The main content area shows usage statistics for the last month: Usage time (7:30 h), AHI (8 /h), Leakage (9 %), and Pressure (11 hPa). Below this, there is a section for 'Days by usage hours' and 'My therapy device' details.

Usage time	AHI	Leakage	Pressure
7:30 h	8 /h	9 %	11 hPa

The values displayed refer to days when the device was used (30 of 30).

Open print preview of 1 month

Days by usage hours			
Days without usage:	0	Days with 4-5 hours:	0
Days with less than 3 hours:	0	Days with 5-6 hours:	1
Days with 3-4 hours:	0	Days of over 6 hours:	29

My therapy device			
Device:	prisma20A	softPAP level:	soft2
Version:	4.05.0007	Therapy pressure:	min 4 hPa
Mode:	APAP		max 12 hPa

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2. Now select the desired language. The language is adopted and is set when prisma JOURNAL is restarted.

The screenshot shows the prisma JOURNAL interface with the 'Language/Sprache' menu highlighted in green. The main content area displays a list of languages: Deutsch, English, français, italiano, 日本語, and русский. The 'français' option is highlighted in green.

- Deutsch
- English
- français
- italiano
- 日本語
- русский

Printing a report

To print a report about the selected period, in the **Overview** menu, click on the **Open print preview for X month(s)** button.

prisma JOURNAL for: First name, last name

Overview 1 month 3 months 6 months 12 months

Usage time AHI Leakage Pressure

7:30 h 8 /h 9 % 11 hPa

The values displayed refer to days when the device was used (30 of 30).

Open print preview of 1 month

Days by usage hours

Days without usage: 0 Days with 4-5 hours: 0

Days with less than 3 hours: 0 Days with 5-6 hours: 1

Days with 3-4 hours: 0 Days of over 6 hours: 29

My therapy device

Device: prisma20A softPAP level: soft2

Version: 4.05.0007 Therapy pressure: min 4 hPa

Mode: APAP max 12 hPa

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NOTE

Navigation

To navigate from Print preview back to the Start page:

To return to the Start page (the **Overview** menu), click either on the **Start page** menu or **alternatively**

on the **prisma JOURNAL** logo.

Start page PDF Print

prisma JOURNAL

Overview

Usage time AHI Leakage Pressure

7:30 h 8 /h 9 % 11 hPa

The values displayed refer to days when the device was used (30 of 30).

My therapy device

Device: prisma20A softPAP level: soft2

Version: 4.05.0007 Therapy pressure: min 4 hPa

Mode: APAP max 12 hPa

Usage time

Usage hours

Date

AHI

Spends / h

- At high pressure
- Central
- Obstructive

Usage

Usage states the hours in a night when the device was in use. Mean usage over an extended period is calculated automatically. Move the mouse over the columns for more detailed information.



Various studies have shown the efficacy of CPAP therapy as a function of usage or in the case of a usage time of more than 4 hours.

AHI (apnea/hypopnea index)

The **AHI** gives you an indication of how effective your therapy is.

The AHI level (apneas + hypopneas per hour) is divided into

- central apneas/hypopneas,
- obstructive apneas/hypopneas
- obstructive apneas at high pressure

Move the mouse over the columns for more detailed information.



If you see AHI rising over an extended period or if it is permanently above 10, please contact your physician to have the pressure or pressure limits of your therapy device adapted if appropriate.

Deep sleep indicator

prisma SOFT/prisma SMART from firmware version 3.5

The **Deep sleep indicator** marks the time you spend in deep sleep – an especially restorative sleep phase. During deep sleep, breathing is more even than in all other sleeping/awake phases.

The new prisma RECOVER algorithm on your therapy device continuously evaluates the respiratory pattern and calculates the duration of deep sleep from the evenness and quietness of your nocturnal breathing.



The duration of deep sleep phases is individual, differing significantly as a function of gender and age. The deep sleep indicator is just **one** parameter in the overall rating of restorative sleep.

Pressure

Pressure is displayed in the form P90 (90th percentile for pressure) of a day. In other words, the pressure value quoted was adequate for 90 % of the selected therapy period.

Move the mouse over the columns for more detailed information.



If the pressure requirement regularly corresponds to the upper pressure limit set and apneas are still occurring, therapy pressure is inadequate.

Please get in touch with your physician to have the pressure limits adapted in the Settings of your therapy device.

Leakage

The minimum mask leakage possible is very important for effective, comfortable therapy. For unrestricted device reaction and a high degree of therapy efficacy, phases with critically high leakage should be reduced to a minimum or avoided altogether.

In the Leakage menu, the proportion of therapy time with critically high undesired leakage above 50 l/min is shown as a percentage.



If the proportion of your therapy with leakage is too high or if you feel significant leaks onto your face which make your eyes red, for example, we recommend that you check your mask fit. You can use the mask test function of your therapy device to do this (see instructions for use for your therapy device).

If you cannot get a comfortable leaktight fit for your mask by adjusting the headband, please contact your specialist dealer.

Notes & tips / questions & answers

My browser is not supported. How do I open the link?

Update your browser. Allow Javascript.

Can I load therapy data from a further file?

You can load other files (e.g. from the archive) by pressing **key F5**.

How do I get back to the Start page or to the previous page?

Do not use the browser's Back key, use the appropriate buttons in prisma JOURNAL instead.



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