

**RESMED**

**Swift™ LT for Her**

NASAL PILLOWS SYSTEM

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First fit with her in mind  
... a tribute to your  
journey to healthy sleep  
and total wellbeing



# Welcome to the world of healthy sleep for a healthy life

Swift LT for Her is a new landmark on your journey to health and wellbeing.

Have you recently been diagnosed with sleep apnea? Welcome to the beginning of a great new you.

Have you been on therapy for a while? Explore new ways to improve therapy and make life easier. Swift LT for Her is designed to do just that.

## **You have so much to gain!**

- Sleep better, feel healthier
- Be energetic and fit
- Feel good about yourself, your life and the people you love





## A real-life transformation

### **Sleep apnea treatment changed Maria's life.**

Before correct diagnosis, Maria's sleep and quality of life were affected. In her own words:

*"I was depressed and unable to understand what was happening. My head felt cloudy.*

*The quality of my sleep was very poor.*

*I had no energy, no life to give my family and friends. I didn't feel like working.*

*Being sleepy and tired all the time, I had an awful temper (I was really cranky!) and didn't feel like listening to anyone. Life was not easy."*

Do you see a reflection of yourself in Maria?

**Learn how your life can be transformed ...**

## Finding herself again

**As so many women like Maria have discovered, treatment can make a world of difference.**

*“Now I am completely different. I feel happy rather than depressed. When I go to sleep, I feel confident that I will wake up refreshed! I sleep well and I’m actually breathing!*

*I have energy for myself and my loved ones. I’m driving a lot now, learning to use a computer, studying ... I even fit in exercise and some walking! I’ve rediscovered holidays, the joy of shopping and chatting with friends. I’m feeling so good, I just want to live in the moment.”*

The right treatment for sleep apnea can significantly transform your quality of life, just as it did for Maria.





## Maria is not alone ... and neither are you

### **7 million American women have sleep apnea\***

It can happen to women of any age, with or without any other contributing conditions. Sleep apnea is often linked to health changes during pregnancy and menopause. It is associated with conditions such as hypertension, diabetes, obesity, heart failure and stroke.

### **The benefits of being treated are priceless**

You have the energy to exercise and feel good.  
You have more energy for fun, family and friendships.  
You have confidence in work and business.  
You have more time to be you.

And when you feel great, it shows!

\*Young et al. N Engl J Med 1993; 328: 1230-5

# Step into all that life has to offer you

## **Ready to rediscover yourself?**

ResMed is dedicated to helping people sleep healthier. We offer a range of choices for positive airway pressure therapy, with technologies such as 'Easy-Breathe' and 'AutoSet™' to help you get the treatment you need.

## **Your most important sleep accessory**

The most personal piece of therapy equipment is your mask. As the world leader in mask technology, ResMed understands that when it comes to masks and therapy, you have unique needs.

We have been working with women like you to create a mask just for you.





## What women really want ... we've been listening

### **More you, less mask**

Super-streamlined by design, Swift LT for Her focuses not only on your fit and comfort but your lifestyle as well, leaving you free to look more like yourself. It offers a fit range designed to suit women.

### **Managing your hair—made easy**

Whether you prefer to wear your hair short or long, under or over the headgear back-strap, Swift LT for Her accommodates your personal style.

### **Gentle on your skin, great for your lifestyle**

Innovative design minimizes facial contact and helps leave the skin free of pressure marks. The comfortable headgear stylishly complements your bedtime wardrobe.

# Swift LT for Her ... it's for you

## **Lifetime journey, lifetime rewards**

A good night's sleep affects every area of your life, including your health. The right sleep treatment makes health and wellbeing an attainable goal for you.

## **Sleep healthy, live well**

Swift LT for Her is a landmark in design for women, with special attention given to your needs and desires. It comes with a simple wish—that your therapy is comfortable and easy to use every night. With a consistent approach, you can enjoy the rewards—health, energy and enriched quality of life.



# RESMED

## Swift LT for Her

NASAL PILLOWS SYSTEM

For more information about Swift LT for Her, as well as other therapy choices, please contact your local ResMed representative or dealer, or visit our website: [www.resmed.com](http://www.resmed.com)

US customers can join our loyalty program for regular news, updates and rewards by visiting: [www.myresmed.com](http://www.myresmed.com)



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