

CPAP CLEANING AND MAINTENANCE



Regular cleaning of your CPAP machine and its components is important for the function and longevity of your equipment. Please note that these recommendations should NOT replace the instructions supplied by your equipment manufacturer.

Masks

Ideally, your mask should be cleaned every morning. Wash the mask in warm (not hot) soapy water, avoiding detergents and bleaches as these may damage your mask. Rinse the mask of soapy residue, shake of excess water and leave it to dry.

Head Straps

Head straps should be washed once a week. Wash by hand using warm soapy water, rinse thoroughly and squeeze out excess water. Leave to dry away from direct sunlight.

Tubing

If you use a humidifier, tubing should be rinsed with water each day and then hung up to drip-dry. If you don't use a humidifier, rinse the tubing monthly.

Filters

All CPAP machines have the dust filters, which must be cleaned and/or changed periodically. Check your instruction booklet to find instructions for your machine. It is recommended that you check your filter every two weeks and clean it if necessary, according to your manufacturer's instructions (often vacuum or rinsing are suggested). The filter should be replaced at least every six months, or more often if you live in a dusty environment.

Humidifiers

Humidifier chambers should be emptied each day, rinsed and left to dry.

Water for your Humidifier

Manufacturers recommend using Distilled Water because it contains no impurities. Do not use tap water. Tap water can contain chemicals and particles that will settle on the bottom of the water chamber. If not cleaned regularly, this sediment will be hard to remove and will cause premature aging of the metal heating plate. If you have not been using Distilled Water you may notice a build up of sediment on the bottom of the water tank. Try cleaning the chamber with a white vinegar and water solution, then rinse with clear water and air dry. This routine will help remove any residue and disinfect the water chamber. Never use bleach, antibacterial soaps or other harsh chemicals in the water chamber.