

How to clean your CPAP equipment

Maintaining a good hygiene routine will ensure the proper upkeep of your CPAP equipment which allows you to get the best possible therapy for your sleep apnoea.

CPAP Mask

Daily Cleaning Steps:

- Disassemble mask into Cushion, Headgear and Frame
- Wash each individual part in warm water with some gentle soap or wipe down using non-alcoholic CPAP Mask wipes (if drying time is an issue)
- Avoid using strong cleaning products as they may damage the integrity of the mask and may be harmful to you.
- Place parts on towel to dry and avoid direct sunlight

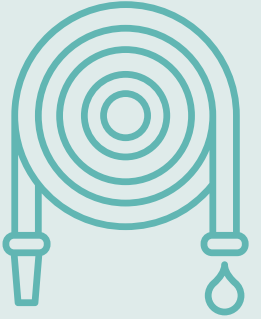
NOTE: If you are not feeling well, it is recommended that you wash mask parts daily instead of only wiping



CPAP Tubing

Weekly Cleaning Steps:

- Disconnect your tubing from machine and mask
- Put a few drops of gentle soap down the opening of tubing
- Wash the outside of tubing using soapy water
- Rinse the inside and outside thoroughly with water until runs clear
- Hang tubing to dry, avoid direct sunlight



Humidifier Tub

Daily Cleaning Steps:

- Remove tub from Humidifier
- Wash in warm water with some gentle soap
- Rinse thoroughly and let dry, avoid direct sunlight
- Remember to tip out water and use fresh water daily

NOTE: Avoid scrubbing, if there is residue build up, add white vinegar + water mixture and soak for 30 minutes.



CPAP Machine

Weekly Cleaning Steps:

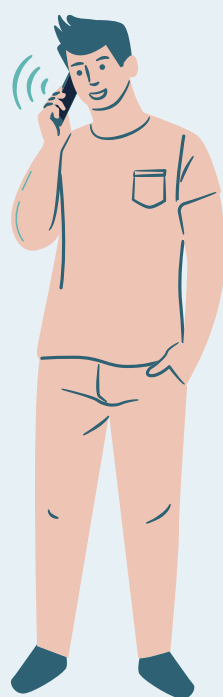
- Unplug machine from power cord
- Wipe down your machine to remove any dust

NOTE: CPAP Machines should be placed level to the bed, best position is on the bedside table. Avoid putting CPAP machines in places with no good air flow



1300 76 29 39

Contact us if you have any enquiries regarding how to properly maintain your CPAP equipment



Filters

Monthly Cleaning Steps:

- Remove filters from your machine to check
- Disposable Filters: Throw and replace with new filter if it appears dirty
- Reusable Filters: Can be washed if dusty but replace after 6 months

NOTE: Patients living in areas with poor air quality or with pets may need to change their filters more regularly

