



# CPAP/BiPAP Cleaning & Maintenance

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One of the most important factors in successful sleep therapy is taking proper care of your CPAP/BiPAP mask and accessories. Use the following instructions and tips for cleaning and disinfection.

## 1) Humidifier Water Chamber

- a. Remove chamber from humidifier carefully so water doesn't enter your CPAP/BiPAP machine.
- b. Daily, empty water and replace to full line with distilled water.
- c. Once every 3 days, soak for 30 minutes in a 1:3 parts mixture of white vinegar and water, rinse under cold running water and allow to air dry. Dispose of white vinegar and water.

## 2) Mask

- a. Wash mask daily with warm water and mild, non-fragrant soap (i.e. Dove or Liquid Ivory Soap)
- b. Rinse with water and allow to air dry on a clean cloth or paper towel out of direct sunlight.
- c. Before using mask at night, wash your face thoroughly and don't use facial moisturizers. Facial oil and moisturizers can break down the silicone cushions.
- d. Weekly, machine or hand wash headgear and/or chin strap in mild fabric detergent if soiled and allow to air dry.

## 3) ResMed's UltraSoft (TM) memory foam cushions

- a. Discard and replace at signs of deterioration.
- b. Clean with alcohol-free wipes only.
- c. Keep dry and away from liquids.
- d. Keep out of direct sunlight.

## 4) Tubing

Tubing should be cleaned daily in warm soapy water, rinsed well, and left to hang-dry out of direct sunlight.

## 5) Filters

- a. Depending on the model, your equipment may have 1 or 2 filters.
- b. Rinse foam or non-disposable filters weekly and allow to air dry.
- c. Change the white disposable filter every 2 weeks or monthly depending on the conditions in your home.

## 6) General CPAP/BiPAP Maintenance & Cleaning Tips

- a. Make your equipment cleaning part of your morning routine, allowing ample time to dry during the day.
- b. Keep machine and accessories out of direct sunlight to avoid damaging them.
- c. Never use bleach to clean accessories or equipment.
- d. Place machine on a level surface away from objects such as curtains that may interfere with the air intake.
- e. Battling a Cold or Flu? Clean you mask, tubing and humidifier daily to prevent reinfection.

Even with regular cleaning and disinfection cushions, masks, tubing, and humidifier chambers should be replaced regularly to prevent bacteria build up. Mask cushions and pillows deteriorate and become less pliable with use, regular replacement will provide a leak free mask fit and decrease over tightening of the headgear. We have included a "Supply Calendar" reminder to assist you in replacing your supplies and ensure that you receive the highest level of benefit from your Sleep Therapy.