

# CHANGING YOUR CPAP/BILEVEL SUPPLIES

Change is good! Timely replacement of your CPAP/BiLevel supplies is essential for optimal comfort and proper operation. In addition to cleaning, your mask, cushions, headgear, tubing, filters, and other components should be replaced on a regular basis. Ignoring the recommended replacement timeline may lead to leaks, discomfort, skin irritation, illness, and dissatisfaction.

Even with regular cleaning and disinfection, you must replace cushions, masks, tubing, and humidifier chambers 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.

Keep your equipment in first-rate condition with routine cleaning and replace supplies as often as your insurance provider allows.

Not sure what your replacement guidelines allow for? Sleep Central is here to help! Chat, email, or call one of our friendly representatives to assist.

## Twice a Month

- Disposable Filters
  - » Like filters in your car or home HVAC, the filters in your machine need to be changed regularly for maximum effectiveness.
- Nasal Mask Cushions & Pillows
  - » Replacing mask cushions is important for hygiene and to ensure your mask gets a strong, effective seal.

## Every Month

- Full Face Mask Cushions
  - » When cushions or pillows begin to deteriorate, replace them. While today's masks are made for better comfort and seal, the fragile material used is highly susceptible to tears and deterioration over time.

## Every Three Months

- Mask Frame
  - » With constant use and routine cleaning your mask becomes less effective over time leading to decreased comfort and non-compliance with your therapy.
- Tubing
  - » Tiny holes may develop and can compromise the accurate delivery of air pressure. Even with routine cleaning, a buildup of germs can still occur.

## Every Six Months

- Headgear and Chin Strap
  - » Most headgear and chin straps are made out of neoprene, which stretches to accommodate your facial and head structure. Over time, this stretchiness hampers the mask's ability to form a strong seal.
- Humidifier Water Chamber
  - » Your water chamber can become discolored with a white powdery substance, or develop a pink fungus. Even with vigilant cleaning, you must replace the entire chamber regularly.
- Non-Disposable (foam) filter
  - » Replacing filters can add life to your machine! Change these filters regularly for optimal care.

# CHANGING YOUR CPAP/BILEVEL SUPPLIES

For better health and treatment, keep your equipment in first-rate condition with routine cleaning and replace your supplies as often as your insurance provider allows.

Recommended Replacement Schedule													
Item	Frequency	Month											
		1	2	3	4	5	6	7	8	9	10	11	12
Nasal mask cushion/nasal pillows	2 per month												
Disposable Filters	2 per month												
Full face mask cushion	1 per month												
Mask (full face, nasal, nasal pillow)	1 per 3 months	█	█		█	█		█	█		█	█	
Tubing	1 per 3 months	█	█		█	█		█	█		█	█	
Headgear	1 per 6 months	█	█	█	█	█		█	█	█	█	█	
Chinstrap	1 per 6 months	█	█	█	█	█		█	█	█	█	█	
Humidifier water chamber	1 per 6 months	█	█	█	█	█		█	█	█	█	█	
Non-disposable Filters	1 per 6 months	█	█	█	█	█		█	█	█	█	█	

Please note: quantity and frequency may vary with your insurance coverage.

Sleep Central is a division of Rotech Healthcare Inc. We specialize in providing the highest quality supplies for your CPAP/BiLevel and the ongoing customer support needed for your success and improved health. Questions? Trained specialists are available to answer technical or clinical questions.