

MAINTENANCE OF CPAP SUPPLIES

SOAP

We recommend using a liquid dishwashing soap, such as dawn, ivory or seventh generation, free of any additives such as moisturizers or bleach alternatives. AVOID hand soaps and any antibacterial soaps, as they break down the silicon. Baby shampoo can also be used if available.

Deep cleaning (as needed): 3 parts water, 1 part vinegar. Submerge and soak all parts for one hour, then rinse, and allow to air dry. You may consider doing a soap and water soak after, to help with the odor of the vinegar.

MASKS & PILLOWS

Clean daily by wiping down with a warm damp cloth and air dry.

Weekly: Soak mask and cushion with warm soapy water for 15 minutes, rinse and air dry.

HEADGEAR

Weekly: Hand wash. Use cold water, soap and let air dry.

TUBING

Clean weekly using $\frac{1}{4}$ teaspoon of soap placed in tubing then add enough water to tubing for 12 inch loop in the middle of the tubing when holding both ends up. Next alternating, raise one end then the other for one minute. Then dump out soapy water and run clean water through tubing for one minute and hang tubing over curtain to remove moisture.

WATER

Distilled water ideally should be used for humidification.

HUMIDIFIER CHAMBER

Clean weekly using $\frac{1}{4}$ teaspoon of soap placed in the water chamber then add enough water to fill $\frac{3}{4}$ of the chamber and agitate for one minute, rinse well with tap water then refill with distilled water.

During use, when the water level gets down to the refill point, empty the remaining water out and refill with fresh distilled water. Once refilled, the water should last through the night before requiring a refill.

Do not fill above the refill mark.

FILTERS

Twice each month remove filter and brush off any visible dust. Replace disposable filters monthly, or per your insurance replacement schedule.

ResMed: the disposable white filter is located on the side of the machine, and the door flips down to access filter. Brush off and replace as needed. **DO NOT WASH THIS FILTER.**

Philips: The DreamStation uses a 2 stage filter, a large dark blue filter (reusable) and a smaller thinner disposable filter (light blue). The larger filter (dark blue) should be washed 1-2 times monthly, and replaced every 6 months. The disposable filter (light blue) should be changed monthly (DO NOT WASH) or per insurance guidelines.