

Maintaining Your CPAP Equipment

Use a gentle soap to clean your **Mask**, **Tubing**, and **Humidifier Chamber**. Acceptable cleaning products include:

- Light liquid dish detergents like Dove, Meyers, Palmolive, or other gentle alternatives
- Mild Soaps like Dove, Ivory, Baby Soaps, or other gentle alternatives
- Do not use alcohol-based cleaners or disinfecting wipes

*Please note that the AirTouch series (Memory Foam) is not meant to be washed or submerged in liquid but replaced when worn.

Since you breathe regularly through the CPAP Machine and the Mask contacts your face every night, a dirty CPAP and supplies can build up unwanted bacteria, mold, dust, and allergens that can enter your airway and lungs. Regular cleaning and maintenance of your equipment will help reduce the spread of germs and illnesses such as colds, infections, and flu while ensuring you breathe clean air.

Here is a list of recommended maintenance To-Dos for each part of your CPAP machine.

Mask Interface:

- **Daily:** Wipe down the cushion or pillow with a damp washcloth or CPAP Mask Wipes
- **Weekly:** Disassemble the Mask and clean the cushion or pillow with gentle soap and warm water; rinse with fresh water and dry
- **Bi-Weekly:** Replace nasal type cushions or pillows
- **Monthly:** Replace full-face type cushions
- **Quarterly:** Replace the entire Mask, including frame and headgear, every three (3) months

Tubing:

- **Weekly:** Detach from the CPAP machine and clean with gentle soap and warm water; rinse with fresh water and hang to dry
- **Quarterly:** Replace tubing every three (3) months

Humidifier Chamber:

- **Daily:** Empty and refill with distilled water
- **Weekly:** Clean with gentle soap and warm water; rinse with fresh water and dry

Disposable Filter (Thin Filter):

- Do not wash; dispose
- **Bi-Weekly:** Replace disposable filters every 2-4 weeks as needed

Non-Disposable Filter* (1 Inch Thick Filter) *Respironics DreamStation only :

- **Weekly:** Clean with gentle soap and warm water; rinse with fresh water and dry
- **Quarterly:** Replace non-disposable filters every three (3) months