



Cleaning and Care of Your CPAP Product, Mask and Accessories

Do NOT use anti-bacterial or perfumed soap.

ITEM	DAILY	WEEKLY	MONTHLY	6 MONTHS	YEARLY
MASK CUSHION OR NASAL PILLOWS	Wipe with mask wipes/mask cleaner. OR wash with mild soap in warm (NOT HOT) water.	Take apart and wash. Put in sink of warm (NOT HOT) soapy water and rinse. Air dry.	Inspect mask cushion for hardening and discoloration, replace as necessary.	Replacement recommended.	Replacement recommended.
HEADGEAR AND FRAME		Wash by hand and hang to dry. Wash more frequently if hair is oily or if you perspire a lot.	Inspect and replace as needed.	Replacement recommended.	Replacement recommended.
HOSE		Wash in soapy water. Rinse well. Hang to dry.	Inspect hose for wear and tear.	Replacement recommended.	Replacement recommended.
HUMIDIFIER (USE DISTILLED WATER ONLY)	Empty water daily and air dry.	Wash in soapy water. Rinse. Soak in 1 part white vinegar to 3 parts water for 30 minutes. Rinse well.			Have the humidifier checked at your annual appointment
FILTER			Inspect filter monthly, change as necessary, at least every 6 months.	Inspect filter monthly, change as necessary, at least every 6 months.	Inspect filter monthly, change as necessary, at least every 6 months.
MACHINE		Unplug machine to wipe off exterior with damp cloth.			Call office for an appointment to have your machine checked.