

Cleaning and Care

Item	Daily	Weekly	Monthly	6 Months	Yearly
Mask, Cushion, Nasal Pillows	Clean with CPAP mask wipes / mild soap and warm (not hot) water.	Take apart. Soak in warm soapy water in the sink. Rinse. Let air dry.	Inspect mask cushion for hardening or discoloration of material.	Replace every 6-12 months.	Your entire mask should be replaced.
Headgear/ Frame		Wash by hand and hang to dry. Wash more frequently if you have oily hair or sweat a lot.	Inspect and replace as needed.	Replace as needed.	Your entire mask should be replaced.
Hose		Wash in warm soapy water in sink. Rinse. Hang to dry.	Inspect hose for wear and tear.	Replace hose every 6-12 months.	Your hose should be replaced.
Humidifier (water chamber) *use distilled water	Empty water daily. Rinse and let air dry.	Wash in soapy water. Rinse. Let air dry.	Remove mineral buildup by soaking in 1 part white vinegar to 3 parts water for 30 minutes. Wipe and rinse well.	Replace as needed.	Humidifier should be replaced.
Filter			Inspect filter monthly and change as needed.	Replace filters every 3 months.	
Machine		Unplug machine to wipe off exterior with damp cloth.		Replace as needed.	Contact VitalAire if you have problems with your CPAP machine.