

# CPAP Therapy Maintenance Guide



# The best therapy, for the best sleep.

Regular maintenance and replacement of your CPAP equipment will ensure you can continue to enjoy the benefits of good therapy and restorative sleep!

Top reasons to replace your CPAP parts and accessories:

- 1 Sleep longer hours through the night.
- 2 Maintain good equipment hygiene.
- 3 Improve overall health and well being.

What to look for when it's time to replace your CPAP mask and supplies:



MASK LEAKAGE



STRETCHED HEADGEAR



DRY OR STUFFY NOSE

Make cleaning of your CPAP mask and equipment part of your regular routine.

	Mask Cushion	Machine	Mask	Humidifier (Water Chamber)	Tube	Reusable Filters	Disposable Filters
							
 CLEAN	DAILY	WEEKLY	WEEKLY	WEEKLY	WEEKLY	WEEKLY	CANNOT BE CLEANED
 REPLACE	EVERY 6 MONTHS	WHEN NEEDED*	EVERY 6 MONTHS	EVERY 12 MONTHS	EVERY 6 MONTHS	EVERY 3 MONTHS	EVERY MONTH

\*Machine should be thoroughly examined every year, after 5 years of use.



## Mask Cushion

**CLEAN**



**Daily**

Wash the mask cushion or seal with warm water and unscented mild soap. Leave it to dry on a towel and out of direct sunlight. Alternatively, you can clean your mask with mask wipes.

**REPLACE**



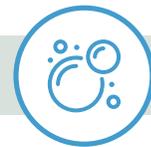
**6  
months**

Replace your mask cushion or seal every 6 months to maintain the proper mask fit and reduce leakage.



## Mask

**CLEAN**



**Weekly**

Disassemble the mask according to the manufacturer's instructions. Submerge the mask components in a sink or a container of water and wash the mask by hand using unscented mild soap. Rinse all parts with water and dry with a towel or leave to air dry but keep out of direct sunlight. Reassemble the mask when all parts are dry.

**REPLACE**



**6  
months**

Your mask should be replaced every 6 months for hygienic reasons and to ensure a proper mask fit for optimal therapy. Daily use of the mask can lead to buildup of bacteria, dead skin cells, and oil which can cause facial breakouts, irritation, and rashes. And daily wear of the mask can lead to stretching or other damage.



## Chin Straps and Headgear

**CLEAN**



**Weekly**

Wash your headgear in warm water and unscented mild soap. Rinse with water and leave to dry on a towel and out of direct sunlight.

**REPLACE**



**12 months**

Replace your headgear at least once per year. Over time the headgear will stretch, reducing its effectiveness to maintain a proper mask fit.



## Humidifier (Water Chamber)

**CLEAN**



**Weekly**

It is important to clean your humidifier water chamber regularly. Stagnant water in the chamber can breed bacteria, which can be breathed in when using your CPAP device. After each use, remove the chamber from the machine, empty the water and rinse the chamber out. Dry the chamber with a towel or leave it to air dry, but keep it out of direct sunlight. Re-fill the chamber with distilled water and attach it back to the machine.

**REPLACE**



**12 months**

Humidifiers should be replaced annually. Even with regular cleaning your humidifier will start to have bacteria buildup which may be inhaled and can cause illness.



## CPAP Tubing/Hose

**CLEAN**



**Weekly**

Submerge your tubing/hose in warm water and unscented mild soap. Soak for 10 to 15 minutes and then rinse with water. Hang tubing to dry and ensure it's fully dry before use.

**REPLACE**



**6  
months**

Replace your tubing/hose every 6 months. Your hose experiences regular wear and tear each night and over time it can become damaged. Regularly inspect the ends of the hose to notice any stretching and damage.



## Reusable Filters

**CLEAN**



**Weekly**

Wash and rinse your reusable filter in warm water. Leave to dry on a towel. It's important that your filter is completely dry before inserting it back into the machine.

**NOTE:** A filter must always be in your CPAP machine when it is in use.

**REPLACE**



**3  
months**

Replace your filter every 3 months. If you live in a dusty environment or have seasonal allergies, you may want to replace your filter more frequently than the recommended 3 months.

Check with your insurance provider to understand your coverage. CPAP masks and accessories can often be claimed through your Health Spending Accounts.

**At VitalAire, our registered clinical teams will support you throughout your sleep therapy journey.**





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