








CPAP Equipment Cleaning and Disinfecting Instructions

Cleaning your CPAP equipment is essential to the life of the equipment and to your health. Bacteria can grow whenever moisture is present. This can lead to infection of your respiratory tract if your equipment is not properly cleaned and dried. The oils in your skin can cause breakdown of your CPAP supplies, especially your mask cushion. You can get a greasy film on the cushion which makes your CPAP mask hard to seal and it may leak more easily.

Distilled water is recommended for your humidifier chamber as the minerals in tap water can cause build up in the chamber. **Empty any remaining water out of the chamber daily.**

We recommend a pure liquid soap for cleaning such as Dove®, Ivory® or baby shampoo. Avoid antibacterial soaps, bleach, alcohol, oils, abrasives, and other harsh or scented soaps.

Equipment	Cleaning Frequency	Instructions
Mask Cushion or Nasal Pillows 	Daily	Remove the cushion or nasal pillows. Wash in warm, soapy water. Rinse and allow to air dry, out of direct sunlight or wipe the surface of mask cushion/nasal pillows with a wet cloth or recommended CPAP wipes (do not use alcohol, bleach, baby wipes or Clorox wipes).
Mask or Nasal Pillows System and Headgear 	Weekly	Separate and hand wash the mask components and headgear in warm, soapy water. Soak for 30-60 minutes. Rinse the components well and allow them to air dry out of direct sunlight.
Tubing 	Weekly	Remove the tubing from the CPAP machine and the mask. Wash the tubing in warm, soapy water. Soak for 30-60 minutes. Rinse well, hang over shower rod and allow to dry out of direct sunlight.
Reusable Sponge Filters (gray) 	Weekly	Wash the gray foam filter in warm, soapy water. Rinse thoroughly and allow to air dry. Never install a wet filter into the device. It should be completely dry before reinstalling it.
Disposable Filters (white) 	Check weekly Change as needed	The white ultra-fine filter is disposable and should be replaced after 30 nights of use or sooner if it appears dirty (brown or gray). DO NOT clean the ultra-fine filter.
Humidifier water chamber 	Daily and Weekly	Empty remaining water daily. Weekly, remove the chamber from the CPAP machine once the heater is off and no longer warm. Wash the chamber in warm, soapy water. Soak for 30-60 minutes. Rinse well and allow to dry out of direct sunlight.
CPAP Unit 	As Needed	Wipe off dust with a damp cloth. Do not use any detergents or sprays.