



Pacific Sleep Program  
*Setting the standard in sleep medicine  
for over 30 years*

# Cleaning Instructions

**IT IS VERY IMPORTANT TO KEEP YOUR CPAP EQUIPMENT AND SUPPLIES CLEAN. THE LIFE OF THE SUPPLIES DEPENDS ON THE CARE THEY RECEIVE.**

## Daily Care of CPAP Equipment

- Each morning wipe down your nasal pillows or the gel/cushion portion of your mask to remove any oils or sweat. When cleaning, be sure to use a pure soap like Dawn **dish soap** (*Anti-bacterial or moisturizer soap is not recommended*).
- You can use CPAP mask wipes like *Citrus II*

**NEVER** use alcohol or petroleum products on the mask or nasal pillows.

- Empty the water in the humidifier chamber as needed, allowing it air dry. Refill with **distilled water** before using at night.

## Weekly Care

- Wash long tubing, dark blue foam filter, headgear and full mask with warm soapy water **once a week**.
- Humidifier chamber can be placed in the upper rack of a dishwasher.
- Note that headgear is best to wash by hand.
- Wipe machine with soft, damp cloth to remove and dust or build up.

## Monthly Care

- If desired, you may wash your humidifier chamber in 1-part white vinegar to 3 parts water. Be sure to rinse well and wash in warm soapy water after. Again, rinse well. This will help insure that your chamber stays as clean as possible until it can be replaced.

# Equipment Replacement Schedule

## Recommended for Optimal Therapy

**Full Face Mask Cushion:** *1 every month*

**Nasal Mask Cushion or Pillow Cushion:** *1 or 2 every month*

**Disposable Filter (Light Blue filter or White):** *1 or 2 every month*

**Non-Disposable Filter (Dark Blue filter or Gray):** *1 every 6 months*

**Mask (Includes Frame and Headgear):** *1 every 6 months*

**Chin band:** *1 every 6 months*

## As Needed:

**Tubing:** *1 every 3 months.*

**Humidifier Chamber:** *1 every 6 months*

Once a cushion begins to interact with facial oils and acids, the sealing effect of the cushion deteriorates despite proper mask and facial hygiene. As a result, more and more leaks occur. You might react by tightening the headgear and continuing to tighten it over a period. While leaks can reduce the effectiveness of PAP therapy, over-tightening causes discomfort and pressure points. The combined result of both issues could lead to reduced usage and effectiveness of your therapy. Replacing the mask and the mask cushion periodically maximizes proper seal and comfortable therapy.

Mold and bacteria tends to grow in warm and humid environment, which is why it is advised that CPAP humidifier chambers be replaced every six months and the tubing every 3 months to ensure clean air inhalation.

Filters are critical components in keeping a CPAP unit running longer and more efficient. The filters capture a wide assortment of dust, pollen and contaminated air particles, and they need to be cleaned and replaced periodically.

\*\*\*\*Please call our office within 30 days of being set up to either request your one-time 30-day mask exchange or to set up auto resupply\*\*\*\*