

The Penn Sleep Centers

CPAP Device Care and Cleaning Instructions

It is important to take good care of your CPAP mask and equipment. Cleaning your equipment on a regular basis will help make sure your CPAP system is working well for you.

Daily:

Wash all mask parts that touch your face in warm, soapy water. Use a mild dish soap or baby soap. Rinse well and allow to air dry out of direct sunlight.

1-2 Times Per Week:

Separate and wash all mask parts, headgear, tubing, filter (if non-disposable) and humidifier chamber in warm, soapy water. Rinse well and allow to air dry out of direct sunlight. Some people find it easiest to bring their tubing into the shower and to allow soapy water to run through the tubing. The tubing can then be hung over the shower curtain to dry.

Tips:

- Do not use cleansers that contain bleach, chlorine, alcohol, aromatics, moisturizers, antibacterial agents or scented oils. These solutions can cause damage and reduce the life of your CPAP equipment.
- Do not expose any part of your CPAP equipment to direct sunlight, as it can degrade your equipment.
- If you notice any cracks, tears or other flaws in your CPAP mask or equipment, call your home care company as soon as possible for a replacement.
- If you have been sick, you can clean your mask and equipment in a diluted vinegar solution (1 part vinegar to 4 parts water) to kill germs and prevent reinfection.

Care of humidifier:

Most manufacturers recommend using only distilled water in your humidifier. Using any other type of water (including tap and bottled water) can cause minerals to build up and cloud — or even corrode — your humidifier chamber. Distilled water is inexpensive and can be found in most drug stores and grocery stores.

- Do not reuse water; instead, empty any leftover water from your humidifier each morning.
- Do not transport your humidifier with water in it! Doing so can permanently damage your CPAP unit.