

# CPAP Cleaning Instructions

## Daily

1. Wash mask with soapy warm water in the morning to remove facial oils that have accumulated.
2. Rinse well.
3. Allow to air dry.

*Do not use alcohol products on the mask because it will harden the mask cushion.*

## Humidifier:

1. Fill chamber just before use with distilled water.
2. Pour out remaining water from the humidifier after each use and clean with soap and water. Rinse and air dry.
3. Some chambers are dishwasher safe (top rack only). Refer to the user's manual.

## Weekly

### Tubing, Mask, Headgear and Water Chamber:

1. Disconnect the tubing from the unit and the mask.
2. Wash tubing, mask, headgear and water chamber in a mild soap.
3. Rinse well.
4. Allow to air dry (if not dry when you are ready to use, put the system together and run for 30 minutes).

## Unit:

Wipe off the outside of the machine with a soft damp cloth and mild cleaner.

## Headstrap:

1. Wash by hand with soap or laundry detergent.
2. Rinse well.
3. Hang to dry. Machine drying will cause shrinkage.

## Monthly

**Filter:** Replace white filter.

## Six Months to One Year

**Mask, Tubing and Water Chamber:** It is recommended all be replaced every six months, but no longer than a year.