



CPAP Cleaning and Maintenance Guide

Regular cleaning of your CPAP machine and its components is important for your health and safety, as well as the function and longevity of your equipment. *Please note:* these guidelines should NOT replace the instructions supplied by your equipment manufacturer.

Masks

Clean your mask immediately after each use, daily. Remove the mask cushion then wash it in warm (not hot) soapy water. Rinse the mask with clean water, shake off the excess then leave it to dry. Inspect the cushion for signs of degradation, such as cracks and holes. Once a week, also wash the mask frame.

Head Straps

Head straps should be washed once a week. Wash by hand using warm soapy water, rinse thoroughly then squeeze out the excess water. Leave to air dry, away from direct sunlight.

Hose/Tubing

If you use a humidifier, your hose/tubing should be rinsed with clean water each day and then hung up to drip-dry. Once a week, clean the tubing with mild soap and warm water, rinse thoroughly with clean water, then hang up to dry.

Filters

All CPAP machines have air filters, which must be cleaned and/or changed periodically. Check your instruction booklet to find instructions for your specific machine. It is recommended that you check your filter every two weeks and clean/replace it, if necessary, according to your manufacturer's instructions. The filter should be replaced at least every six months, or more often if you live in a dusty environment.

Humidifiers

Humidifier chambers should be emptied daily, rinsed and left to dry. Once a week, clean with warm soapy water. Manufacturers recommend using distilled water in your humidifier as it contains no impurities. Do not use tap water, as it may contain chemicals and particles that will settle on the bottom of the water chamber. If not cleaned regularly, this sediment is hard to remove and causes premature aging of the metal heating plate. If you have not been using distilled water, you may notice this buildup of sediment. To deep clean, fill the chamber with a 1:1 solution of white vinegar and water, soak for 15 minutes, then rinse with clear water and air dry. This will help to remove any residue and disinfect the water chamber.

Maintenance Summary

Daily	Weekly	Periodically
Clean Mask cushion	Clean Mask frame	Replace/clean Air filter
Rinse Hose/tubing	Clean Mask headgear	Inspect parts
Rinse Humidifier chamber	Clean Hose/tubing	Replace parts as required
	Clean Humidifier chamber	

- CPAP cleaning kits and accessories are available from your equipment supplier.
- Never use bleach, antibacterial soaps or other harsh chemicals. Instead, use a mild, pure soap or CPAP cleaning solution.
- Set reminders in your calendar for routine maintenance tasks.
- Keep spare parts on hand and replace as required.