



CPAP Maintenance

CPAP Masks

Should be washed often, at least twice a week or more depending on your skin type and environment.

To wash CPAP masks, fill a bowl or sink with warm soapy water and wash by hand. Headgear can also be washed this way and it is recommended to let the headgear air dry. Headgear should not be put in washing machine as this can cause it to wear out quickly.

CPAP Tubing

Does not require much cleaning. Check regularly for water inside tube and hang up to dry if necessary.

CPAP Humidifier

Water must be changed daily and humidifier chamber (blue draw) should be opened up and washed with hot soapy water every few days. Failure to keep humidifier chamber clean could result in increased risk of respiratory infection or illness. If you are not prepared to change the chamber water daily and keep it clean, it is best to use the CPAP without the humidifier.

It is recommended to use boiled water (not hot) to fill the chamber as this ensures that any bacteria has been killed off.

The heat of the humidifier can be altered using the middle up and down arrow buttons on the top of the machine. The CPAP must be turned on to change the heat setting. In a cold room, humidifier heat may need to be decreased as a high heat could cause condensation in the tube and mask.

CPAP Machine

Keep exterior of machine clean by wiping down with a damp cloth regularly. CPAP filters, located at the back of the machine should be checked and changed/cleaned frequently or as required. The black foam filter should be rinsed and dried every couple of weeks and the white ultra-fine filter should be thrown out and replaced when dirty.