



How to Clean your CPAP Equipment

Things you'll need:

- Mild liquid soap or dish detergent
- Clean cloth
- CPAP machine replacement filter
- White distilled vinegar

Instructions

1. Daily Care

- 1** Wash your hands before you handle or clean the CPAP equipment.
- 2** Immerse the humidifier, tubing and mask in a sink of warm, soapy water. A mild dish detergent will properly clean your equipment; ensure the soap does not contain antibacterial agents, bleach, chlorine, alcohol, moisturizers or scents. Agitate the equipment in the water for several minutes.
- 3** Rinse the equipment in warm water until all traces of soap are gone.
- 4** Hang the tubing over a hanger, towel bar or shower rod and place the mask and humidifier on a towel to dry.

5 Unplug the CPAP machine and wipe it down with a clean cloth dampened with water and mild soap. Go over the machine again with another clean, damp cloth to rinse away the soap.

2. Weekly Care

6 Remove the filter at the back of the machine and rinse it by running tap water through the filter. Squeeze it to ensure the dust is eliminated and allow it to dry before putting it back into the machine.

7 Disinfect your mask, tubing and humidifier after you wash them by filling a sink with 1 part vinegar to 1 part water. Soak it in the sink for approximately 10 minutes. Rinse thoroughly by allowing the water to run through and over the equipment up to three minutes.

8 Allow the equipment to dry before reconnecting it to the machine.

Tips & Warnings

- Washing the equipment in the morning will allow it to dry before nighttime.
 - Read the instruction manual for your particular CPAP machine and follow its specific cleaning instructions, if available.
 - Replace the white filter monthly, if your machine has one.
 - Change the CPAP machine filter annually.
 - Do not store or dry the equipment in direct sunlight.
 - Do not attach or insert wet equipment or filters to the machine.
 - Do not put equipment in the dishwasher.
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