

# How to Clean and Maintain Your CPAP Machine

It is important to clean and maintain your continuous positive airway pressure (CPAP) machine so it works properly. Use the following charts to help you keep your machine in good working condition.

	Replace	Daily Cleaning	Weekly Cleaning	Special Notes
<b>Masks and tubing</b>	Masks: once every 3 months*  Nasal pillows: once a month*	Wipe mask cushion with a clean, damp cloth using warm, soapy water.** Rinse and let air dry.	Hand wash tubing, headgear and other parts in warm, soapy water.** Rinse and let air dry.	<ul style="list-style-type: none"> <li>■ Do not use vinegar, bleach, chlorine, alcohol, aromatics, moisturizers, antibacterial agents or scented oils to clean parts.</li> <li>■ Keep out of direct sunlight.</li> </ul>
<b>Humidifier chamber</b>	Once every 6 months*	Hand wash in warm, soapy water.* Rinse and let air dry.	Hand wash in warm, soapy water.* Then, soak in a solution of: <ul style="list-style-type: none"> <li>■ 1 part white vinegar</li> <li>■ 3 parts hot tap water.</li> </ul> Rinse and let air dry.	<ul style="list-style-type: none"> <li>■ Use only distilled water to fill your humidifier.</li> </ul>
<b>Respironics machines</b>	Light blue filter: once a month*  Dark blue filter: once every 6 months*		Dark blue filter: hand wash in warm, soapy water.** Rinse and let air dry.	<ul style="list-style-type: none"> <li>■ Never use wet filters in your machine.</li> </ul>
<b>ResMed machines</b>	Filter: once a month or as needed*			
<b>Fischer &amp; Paykel machines</b>	Filter: once a month or as needed*			

\*Insurance coverage for replacement supplies varies. Call your insurance provider to find out what is and isn't covered under your plan.

\*\*Do not use soaps with moisturizers or perfumes. Try using an unscented, mild soap or baby shampoo.

(over)

Problem	Cause	Solution
<ul style="list-style-type: none"> <li>■ Your mask leaks air.</li> <li>■ Your skin is irritated.</li> <li>■ You have pressure sores or blisters.</li> </ul>	<ul style="list-style-type: none"> <li>■ The strap is too loose or too tight on your headgear.</li> <li>■ Your mask is worn.</li> <li>■ Your mask is dirty.</li> </ul>	<ul style="list-style-type: none"> <li>■ Adjust the straps on your headgear. Your mask should be as loose as possible while still creating a seal.</li> <li>■ Check your mask for stiffness, cracks or breaks. Replace if needed.</li> <li>■ Wash your mask daily and your face each night.</li> </ul>
<ul style="list-style-type: none"> <li>■ You have a dry nose or throat.</li> <li>■ You have a stuffy nose.</li> <li>■ You get a nosebleed.</li> <li>■ Your nose is red or sore.</li> </ul>	<ul style="list-style-type: none"> <li>■ The air in your room is dry.</li> <li>■ The air in your room contains something that is causing irritation.</li> </ul>	<ul style="list-style-type: none"> <li>■ Keep your machine on a clean surface (bedside table, dresser) to keep it away from dust or animal hair.</li> <li>■ Check the filters in your machine to make sure they are clean.</li> <li>■ Try using nasal saline spray before you go to bed and when you wake up.</li> <li>■ Adjust your humidifier to a higher (more moisture) setting.</li> <li>■ Call your sleep doctor if you continue to have problems.</li> </ul>
<ul style="list-style-type: none"> <li>■ You have a dry mouth.</li> </ul>	<ul style="list-style-type: none"> <li>■ You're sleeping with your mouth open.</li> </ul>	<ul style="list-style-type: none"> <li>■ Use a chin strap with your CPAP machine. You will need a prescription from your doctor for this.</li> <li>■ Switch to a sleep mask that covers your entire face.</li> <li>■ Add heated humidification. You will need a prescription from your sleep doctor for this.</li> </ul>
<ul style="list-style-type: none"> <li>■ Your eyes are sore, dry, red or swollen.</li> </ul>	<ul style="list-style-type: none"> <li>■ Your mask is leaking air.</li> <li>■ Your mask is too tight.</li> </ul>	<ul style="list-style-type: none"> <li>■ Adjust your mask and the straps on your headgear. Your mask should be as loose as possible while still creating a seal.</li> <li>■ Check your mask for stiffness, cracks or breaks. Replace if needed.</li> <li>■ Use an eye cover to protect your eyes from the blowing air.</li> </ul>
<ul style="list-style-type: none"> <li>■ You have stomach pain, gas or bloating.</li> </ul>		<ul style="list-style-type: none"> <li>■ Call your sleep doctor.</li> </ul>
<ul style="list-style-type: none"> <li>■ You have difficulty breathing with the air pressure.</li> </ul>		<ul style="list-style-type: none"> <li>■ Call your equipment provider.</li> </ul>