

## CPAP / Equipment Cleaning Guide

	Daily	Weekly	Fortnightly	2-6 Months
<b>Mask</b>	Wash mask cushion with warm soapy water or use unscented wipe	Dismantle into parts. Wash in warm soapy water, rinse and air dry		Inspect for damage. eg tears
<b>Headgear</b>			Wash in warm soapy water, rinse and air dry	Inspect for damage. eg. velcro not sticking
<b>Tubing</b>	If condensation present, hang to dry	Wash in warm soapy water, rinse and air dry		Inspect for damage. eg. small holes.
<b>Filters</b>			Brush off dust. Wash in warm soapy water, rinse and dry completely	Replace if very grey. Special thin white filters – do not wash and replace when grey
<b>Humidifier Chamber</b>	Empty water in the morning and air dry. Fill nightly with fresh water	Wash in warm soapy water, rinse and air dry		Inspect for damage. If mould present wash with vinegar and water, rinse and air dry

### Remember:

- Use unscented gentle soap on all CPAP equipment
- Avoid direct sunlight when drying all CPAP equipment
- Do NOT cover the small holes in the mask that are designed for exhaled carbon dioxide to escape
- CPAP machines are best positioned on a bedside table and off dusty floors. Place a mat under the machine if noise reverberation is a problem