



## CPAP Mask Supplies Replacement Schedule & Tips

Replacing your mask cushions and other supplies on a regular basis is important for hygiene, comfort, and therapy effectiveness. Below is the replacement schedule followed by most insurance providers.

### Replacement Schedule

Interval	Supplies
Every 14 days	Nasal mask cushion, Nasal pillows cushion, Air filters
Every month	Full face mask cushion
Every 3 months	Mask frame (frame systems near your face)
Every 6 months	Mask headgear, Tubing, Humidifier water tub

- **Regular replacement of your CPAP mask cushion** keeps your therapy clean, comfortable, and effectively helps you get the most benefit from your PAP device and avoid complications.
- **Frame systems** should be replaced regularly to keep therapy effective and hygienic.
- **Headgear** can become stretched and lose elasticity, leading to over-tightening and discomfort. Bacteria from sweat and moisture can also build up over time.
- **Tubing** can develop small holes or tears, causing air leaks.
- **Water tubs** can become discolored, cloudy, pitted, or cracked, which can trap bacteria.

### Mask Supplies Replacement Tips

#### What to Look For

- You must tighten the straps often
- The headgear has lost its spring
- Your therapy feels less effective than usual
- The cushion is still slippery, even after being cleaned

### Insurance Coverage Tip

Before ordering any supplies or replacements, contact your insurance provider to confirm that the parts you need are covered under your plan.