



Keeping Your CPAP Equipment Clean

Proper care and regular cleaning of your CPAP equipment are essential for effective therapy and your overall health. Clean equipment helps your device work properly, prevents illness, and ensures a comfortable experience.

Why Clean Your CPAP Equipment?

- Removes dust, oils, and germs that can affect your health and your therapy
- Keeps seals tight for the best fit and comfort
- Extends the life of your equipment

Daily Cleaning Steps

1. Clean Your Mask Cushion - Remove the mask cushion from your CPAP mask. - Soak it in warm water with a few drops of mild, ammonia-free dish soap for about 10 minutes. Swirl it around occasionally, then rinse thoroughly with clean water. - Let it air dry on a clean towel during the day. - Alternatively, you can use CPAP wipes or a damp towel with mild soap to wipe down the mask.

2. Empty the Humidifier (If You Use One) - Every morning, pour out any leftover water from the humidifier chamber. - Let the chamber air dry during the day. - Refill with fresh, distilled water right before bedtime.

3. Extra Cleaning When Sick - If you have a cold or flu, clean your mask, tubing, humidifier, and filter daily until you're well. This helps prevent re-infection.

Weekly Cleaning Steps

1. Soak and Wash All Parts - Once a week, soak your mask, headgear, tubing, and humidifier chamber in warm water with a few drops of mild, ammonia-free dish soap for 15 minutes. - Swirl the parts around, rinse thoroughly, and air dry. - Hang tubing and headgear over a shower rod or towel rack to ensure all water drips out. - Let the mask and humidifier chamber air dry on a towel.

2. Wipe Down the CPAP Machine - Use a slightly damp cloth to wipe the outside of your CPAP machine. - Avoid getting water inside the machine.

3. Filter Care - Do not wash disposable filters. Replace them every month, or sooner if they look dirty.

4. Disinfect the Humidifier (Every Other Week) - Fill the humidifier chamber with a mix of 1 part white vinegar to 5 parts tap water. - Soak for 30 minutes, then rinse thoroughly. - Wash again with soap and water, rinse, and air dry. Always use distilled water in the humidifier during usage to prevent mineral buildup.

Quick Tips

- Clean equipment = better sleep and fewer illnesses.
- Never use harsh cleaners, bleach, or alcohol.
- Allow all parts to dry completely before reassembling.
- Replace masks, tubing, and filters as recommended by your provider.

With just a few minutes each day and week, you'll keep your CPAP equipment working efficiently, helping you breathe better and sleep soundly for years to come.

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