

## CPAP Cleaning Instructions

<u><i>Equipment</i></u>	<u><i>Frequency</i></u>	<u><i>Cleaning Method</i></u>
CPAP Mask	Daily	Wipe off nasal cushion with soapy wash cloth, rinse and air dry.
	Weekly	Wash entire mask (removing cushion) in soapy water, rinse, and air dry.
Opus/Swift/Breeze Pillows	Daily	Wash nasal pillows with soapy water, rinse and air dry.
	Weekly	Wash entire apparatus with soapy water, soak for 1 hour, rinse and air dry.
CPAP Headgear and Chinstrap	Weekly	Hand wash with soapy water, rinse and air dry.
CPAP Sponge Filter (gray)	Weekly	Wash with soapy water, rinse, wring out and air dry.
ResMed S7 & S8, F&P, Resironics Ultrafine, & other Disposable filters	Check Weekly	Dust off/remove any visible debris. Do not get wet. Replace when filter turns gray or brown.
Resironics, F&P and ResMed Water Chamber	Daily	Empty distilled water from chamber, rinse, and air dry.
Water Chamber and tubing	Weekly	Wash with soapy water, soak for 30-60 minutes, rinse well and air dry.

**Distilled water is recommended for your humidifier chamber.**

Recommend pure soaps for cleaning: Dreft, Dove, Ivory or Gentle Baby Shampoo.

Avoid antibacterial soaps, bleach, alcohol, ammonia, chlorine, oils, abrasives, and other harsh or scented soaps.

**Remember to order your mask and supplies every 6 months.**