



**Sleep Comfortably. Sleep Peacefully. Sleep Restfully.**

*CPAP Equipment and Supplies at Low Prices*

**(866) 923-2727**

## **CPAP / BIPAP Machine Cleaning and Maintenance Suggestions**

### **DAILY CLEANING**

Place the CPAP/BIPAP tubing, humidifier chamber, mask or pillows and headgear into a sink with warm soapy water. (Use a small amount of mild dish detergent) Agitate these supplies in the water for approximately 5 minutes. Rinse well with warm water and allow to dry until all moisture is gone.

#### *Helpful hints:*

Hang the tubing over your shower rod or towel bar to air dry.

Place the mask and headgear on a towel to air dry.

Hanging the headgear from a clothes hanger or wall hook will help it to dry faster.

Wash your tubing, mask or nasal pillows and headgear every morning. This will allow enough time for your supplies to completely dry.

Wipe down the CPAP/BIPAP machine with a damp cloth weekly.

### **WEEKLY CLEANING**

The foam filter at the back of your machine should be washed with tap water weekly. Simply rinse the filter under running water, squeezing the filter to make sure that all dust is eliminated. Next, blot the filter with a clean towel to remove most of the moisture. Now it is ready to be placed back in your machine. We also recommend that you replace your filter at least annually. (Not all machines have a foam filter)

The white filter is disposable and should be replaced monthly or sooner if it becomes really dirty.

Replace the white filter with one from your replacement filter pack. **THE WHITE FILTER IS NOT TO BE WASHED.** (Not all machines have a white filter)

### **HUMIDIFIER CARE**

Clean daily with warm soapy water and rinse thoroughly. To disinfect, place vinegar/water solution (1 part vinegar 3-5 parts water) in clean humidifier. Soak for 30 minutes and rinse thoroughly, or place in top rack of dishwasher if applicable. This should be done at least weekly.