

# CPAP Mask

## Helpful Tips & Tricks

A proper fitting CPAP mask is crucial to a positive therapy experience. Here are some tips to ensure you're getting the most out of your mask.

### Secure your mask in front of a mirror

It's important your mask is secured symmetrically on your face. Use a mirror to adjust the straps so equal amounts of strap are on either side of the mask. Secure the straps in place at the same time, this will ensure there's an effective seal.



### Watch tv or read with your mask on

Wear your mask while awake and watching TV or reading to acclimate yourself to CPAP therapy.



### Use a chin strap

If you use a nasal or pillow mask, a chin strap can help keep your mouth closed to prevent air from escaping during therapy. It also reduces side effects like air swallowing and dry mouth.



### Clean the mask cushion daily

Dirt and oil from your skin can weaken the silicone of the mask cushion. Take 2 mins to clean the cushion daily to ensure the silicone maintains a proper seal on your face.



# CPAP Cleaning schedule

## Mask

frame, cushion  
& headgear

**Daily**

- Wipe cushion with **CPAP Mask Wipes**
- Air dry during day (out of direct sunlight)

**Weekly**

- Handwash all parts with **Mask & Hose Soap**
- Air dry during day (out of direct sunlight)

## Tubing

**Weekly**

- Hand wash with **Mask & Hose Soap** and **Tubing Brush**
- Air dry during day (out of direct sunlight)

**Monthly**

- Check for holes and damage

## Humidifier

**Daily**

- Remove humidifier
- Empty remaining water
- Rinse thoroughly
- Air dry during day (out of direct sunlight)

**Weekly**

- Dismantle humidifier
- Soak in diluted vinegar (1:10)
- Scrub with bottle brush or soft scourer
- Rinse thoroughly before next use

## Machine

**Weekly**

- Wipe with **CPAP Mask Wipes**

**1-2 Years**

- Service machine  
WARNING Usage of ozone to clean PAP machines can void the CPAP machine warranty

## Filter

**Weekly**

- Check for dust build up
- Ensure filter is not rotated when returned to machine (Can suck debris into motor)

**3-6 months**

- Replace **Filters** as needed

# Lets keep it

## Clean

The Importance of cleaning your CPAP & Accessories



## We value your health

### Cleaning your Mask

Keeping your CPAP mask clean is very important. A clean surface allows the mask to seal better and prevents leakage, leading to more effective therapy. Daily, the cushion should be wiped down with mask wipes or washed with warm, soapy water, after which the mask should be left to air dry during the day. Make sure to avoid direct sunlight. Weekly, you should hand wash all parts of the mask with mask and hose soap (or warm, soapy water). Air dry during the day, ensuring you avoid direct sunlight. Your mask will need replacing every 6 to 18 months.

01



02

Keeping your PAP and humidifier clean helps the machine run smoothly and increases its lifespan. By cleaning it regularly, you ensure that there isn't a buildup of microbes and bacteria that could become harmful. The machine should be wiped down weekly and serviced every 1 to 2 years. The humidifier tank should be emptied and rinsed daily, then left to air dry (avoiding direct sunlight). Weekly, you should dismantle the humidifier and soak all parts in a 1:5 ratio of vinegar to water, rinsing thoroughly and air drying afterward.

### Cleaning your Tub

### Cleaning your Filters

A dirty filter can decrease airflow and contribute to increased wear and tear on the machine. It is essential to inspect the filter weekly for dust and ensure that it is properly positioned within the filter holder. If you observe any buildup, you can gently flick the filter to dislodge the debris. For reusable filters, a gentle hand wash followed by air drying is recommended. Filters should be replaced every 3-6 months to ensure optimal performance.

03



04

If your CPAP hose isn't cleaned regularly, it can reduce the effectiveness of your CPAP therapy and make it more difficult for you to receive the necessary air pressure for your sleep apnea treatment. Consistent cleaning of your CPAP hose helps ensure that you receive the appropriate air pressure needed for effective therapy. Hand wash the tubing weekly with warm, soapy water or use a mask and soap wash. Let the tubing air dry, avoiding direct sunlight. Additionally, you should check for holes and damage monthly and replace the tubing every 6 to 12 months.

### Cleaning your Tubing