



CPAP Equipment Cleaning & Changing Recommended Schedule:

Daily

Wash the parts of the mask that touch your face with a mild soap and water.
Change the distilled water in your water chamber

***No alcohol, no bleach, no liquid dish soap, NO ANTI BACTERIAL SOAP

*** RECOMMENDED: Baby Shampoo, Ivory or Dove liquid soap

Weekly

Wash your tubing, mask, headgear & water chamber with a mild soap and water & let air dry. (Some water chambers are top-rack dishwasher safe)
Chin strap & black filter (if appropriate)

Twice a Month (recommend 1st & 15th of every month)

Change nasal cushion/pillow (if you have a nasal mask)
White disposable filter

Monthly

Change full face mask cushion (if you use a full face mask)

Every 3 months

Change full face or nasal cushion/pillow mask (including frame and cushion),
headgear and tubing

Every 6 months

Change non-disposable gray/black filter

TO DISINFECT

Soak mask, cushion, tubing & water chamber in
1 part WHITE VINEGAR to 2 parts water
for 15 - 20 minutes then rinse well with water and let air dry.
(Safe to do weekly)

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