

CPAP/Bi-level Equipment Maintenance Schedule

Equipment	Daily	Weekly	Monthly	Replacement
Mask Nasal Pillow Swivel Adaptor	Wash with mild soapy water. Rinse well or CPAP wipes.			Replace every 6 to 12 months
Headgear/Chin Strap		Hand wash in mild soapy water, wring out and air dry. Never dry in a dryer or iron.		
Tubing		Wash in mild soapy water**, rinse and hang to dry.		
Humidifier Chamber <small>*Only use distilled water when filling the humidifier chamber to prevent hard water buildup</small>		Hand wash in mild soapy water, use soft bristled brush to remove any residue if required.		
Filters			Check for wear or discoloration by comparing to a new unused filter	As necessary
Reusable Filters		Wash in mild soapy water**, rinse well		
CPAP Machine		Unplug unit, wipe with damp cloth or CPAP wipes. Allow to dry before plugging back in.		Every 5 years or as needed

Helpful Tips:

- We recommended using a mild dish detergent or CPAP wipes for cleaning
- Clean your equipment first thing in the morning so it has all day to dry
- **Do not use antibacterial soap, bleach or cleaning products containing alcohol on any of your CPAP equipment
- If you've had a flu or cold you can clean your mask, tubing, headgear and humidifier chamber by soaking in 1-part vinegar and 4 parts water for 20 minutes. Wash with soapy water and rinse well, dry thoroughly.