



## CLEANING AND DISINFECTING RECOMMENDATIONS FOR PAP SUPPLIES

### **ALWAYS**

- 🕒 **Wash your hands thoroughly** before and after cleaning your equipment
  - Hand washing is one of the most effective ways of preventing infection.

### **DAILY**

- 🕒 **Clean the cushion or pillow with mild dish soap and water and let dry**
  - Do *not* use anti-bacterial soap--it has a high level of alcohol content and can cause the mask to breakdown much faster.
  - Baby wipes or CPAP wipes (available at Sleep Insights) are also an effective way to clean your mask.
- 🕒 **Check the level of your distilled water in the water chamber.** Change the water every 2-3 days.

### **WEEKLY/Bi-WEEKLY**

- 🕒 **Submerge the tubing, water chamber, mask and headgear in soapy water** for 5-20 minutes, then rinse thoroughly and air-dry.
  - Heated tubing can be submerged in water, it will not affect the heating element

### **MONTHLY**

- 🕒 **Remove filter from rear or side of unit and shake the dust off.** If the white portion of the filter is gray, then it is time to replace it.
- 🕒 **Clean and dust the exterior of the unit.** This will prolong the life of your filter and help prevent dust from getting into the motor.

**A simple, effective way to clean your CPAP machine is with a SoClean machine,  
which we offer at our site.**

***No water, no chemicals, and no disassembly needed.***

**Please call our office for further information: 585.385.6070, option #3 or #4.**