



CLEANING & 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

- **Submerge the tubing, water chamber, mask and headgear in soapy water** for 15-20 minutes, then rinse thoroughly and air-dry
~ Heated tubing can be submerged in water, it will not affect the heating element
~ PAP manufacturers recommend cleaning only with soap and water. The use of an ozone cleaner on your machine may modify your manufacturer's machine warranty; please check with your PAP machine manufacturer for details.
- **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.

MONTHLY

- **Change the filter**
- **Consider changing your cushions**