



Equipment Cleaning Instructions

Schedule a regular time to clean your equipment: Clean your mask, tubing and headgear at least once a week, though it is recommended you clean the mask cushion/pillows daily. Put this time in your schedule so that you don't forget to do it.

CPAP Tube Cleaning:

- Remove the PAP tubing from the device and the mask.
- Wash the PAP tube in warm water using mild soap.
- Rinse thoroughly, hang, and allow to dry.
- *Helpful hint:* Hang wet tubing over shower head to dry during the day.

Mask Cleaning:

- Separate the cushion/pillow from the mask frame and hand wash the mask components and headgear in warm, soapy water. Do not use soaps with added scents/moisturizers/antibacterial.
- Rinse the components well and allow them to air dry out of direct sunlight.
- *Helpful hint:* PAP wipes can be used for quick mask cleaning.

Humidifier Cleaning:

Important note: use distilled/filtered water and **replace water daily**

- Clean once weekly with warm soapy water and rinse thoroughly.
- To remove mineral buildup (if needed), place vinegar/water solution (1 part vinegar 3-5 parts water) in clean humidifier. Soak for 30 minutes and rinse thoroughly.
- *Helpful hint:* place in top rack of dishwasher if applicable (see manufacturers' recommendations).

How Often Should I Clean the Filters?

- Clean the reusable (dark blue/dark grey) filter at least once every two weeks and replace it with a new one every six months. The white/light blue ultra-fine filter is disposable and should be replaced after 30 nights of use or sooner if it appears dirty. **DO NOT** clean the ultra-fine filter.
- Wash the reusable (dark blue/dark grey) filter by removing from machine, turning upside down and running warm tap water through to remove any debris then lightly shake filter to remove as much water as possible. Allow to dry completely before re-installing. Never install a wet filter into the device. If the foam or white filter is torn, replace it.

Caution: Dirty inlet filters may cause high operating temperatures that may affect device performance as well as your PAP therapy's effectiveness. Regularly examine the inlet filters as needed for integrity and cleanliness.

Caution:

Do not use solutions containing, bleach, chlorine, alcohol, aromatics, moisturizers, antibacterial agents or scented oils to clean any part of the system or air tubing. These solutions may cause damage and reduce the life of the product.

- Do not expose any part of the system or tubing to direct sunlight as it may deteriorate the product. If any visible deterioration of a component is apparent (cracking, tears, etc.) the component should be discarded and replaced.