



Refresh Your Sleep With Replacement & Cleaning

Below is our recommended schedule for keeping your PAP supplies clean & fresh.



Supplies	Frequency	What to Do	Recommended Replacement
+ CPAP Mask or Nasal Pillows	Daily	Wash your face before putting your mask on each night. Mask should be washed daily with warm soapy water and rinsed well. Allow to air dry on towel.	Every 3 Months
+ Humidifier Chamber	Daily	Always fill with distilled water before using. Chamber should be washed daily with warm soapy water and rinsed out well. Allow to air dry on a towel.	Every 6 Months
+ Tubing	Every 3 Days	Once every 3 days, wash the tube with mild soapy water, rinse well and allow to air dry.	Every 3 Months
+ Humidifier Chamber	Monthly Maintenance if Using Tap H2O	Fill the H2O tank base with undiluted white vinegar. Soak for 4 hours or until base is clear of mineral buildup and then empty and rinse well. Allow to air dry on a towel	Every 6 Months
+ Headgear	Weekly	Hand wash in warm mild soapy water, rinse well and allow to air dry.	Every 6 Months
+ Exterior of Machine	Weekly or As Needed	Wipe with damp cloth.	Every 6 Months
+ Nasal Cushions or Nasal Pillows	Replace Every Other Week	Replace with new cushion or pillow every two weeks.	Every 2 Weeks
+ Disposable Filters	Replace Every Other Week	Replace white disposable filter every two weeks. Do not wash.	Every 2 Weeks
+ Full Face Cushion	Replace Monthly	Replace full face cushion every month.	Every Month
+ Resuable Foam Filter	Every 2 Weeks or as Needed	Wash in warm soapy water, rinse well and dry with a towel. Do not place wet filter back into machine.	Every 6 Months

After Hours Emergency  800-334-3051

