

CPAP Sleep Care
12728-19th Ave SE, #300
Everett, WA 98208
(425) 225-2767, fax (425) 225-2766

HELPFUL TIPS:

- Equipment placement should be at head level or lower with 3-4 inches around filter intake. Do not place on the headboard directly above your head.
- Practice for 20-30 minutes before your first night of use.
- Sleep as long as possible. This may be for only several hours at first but will increase as you become more comfortable with the interface.
- Use the ramp as much as needed for comfort.
- Adjust straps on the interface to minimize leakage of air.
- If you remove the mask in your sleep, please replace it if you wake up.
- Pressure sensation in ears may be noticed at times.
- Airflow and humidity may cause increases sinus drainage.
- Always use **distilled water** in the humidifier to avoid mineral deposit build-up. Refill your humidification chamber daily. Remove the chamber from the machine to fill it.
- **EMPTY ALL WATER FROM THE CHAMBER BEFORE PACKING OR FOR RELOCATION OF EQUIPMENT.**
- Use the heated tubing feature as air temperatures decrease to prevent condensation (“rain out”) in the tubing.

CLEANING SCHEDULE

General cleaning for all equipment:

- Use warm water and mild soap (consider a product like Ivory or baby soap).
- DO NOT use antibacterial soap or lotion/scented soaps.
- DO NOT use alcohol to clean equipment.
- Rinse thoroughly with warm water.
- Air dry or drip dry the equipment out of direct sunlight.

Wash Schedule:

Daily: Mask Interface/Cushion/Pillows (the part that is in direct contact with your skin) can be disassembled from the mask frame and headgear for cleaning.

Every 2 to 3 days: Humidifier Chamber and Tubing

- Hand wash the water chamber. The water chamber can be washed in the dishwasher (top shelf only) weekly, but do not use the “pot scrubber” or “high temperature” modes.
- Tubing can be cleaned every day if you prefer. Wash the inside and outside. Hang the tubing to allow water to drain out. The connectors on the heated tubing can get wet but allow them time to dry before attaching the tubing to your machine again.

Weekly: Headgear and Mask Frame (the sturdy plastic and soft fabric part),
Reusable Foam Filter, outside of PAP machine.

- You can leave the headgear and frame parts attached to each other for cleaning. Use a soft bristle brush to clean the vent, or any rotating parts on your mask. Never put headgear or chin straps in a washing machine or dryer.
- Always have you filters in place when using your PAP machine. The reusable filter is a spongy foam material that can be removed to be hand washed. Be sure it is completely dry before replacing it in the PAP machine. The disposable white filters aren't meant to be cleaned, but replaced as frequently as twice a month if needed or as when it is no longer bright white.
- Wipe the outside of the machine with a soft, damp cloth. Dry with a lint free cloth.

Sanitizing: The mask, tubing and water chamber should be disinfected twice a month or more frequently if needed. You can sanitize with a solution of 3 parts warm water and 1 part white distilled vinegar with a 20-30 soak minutes in the solution. Rinse and dry.

If any component remains unclean after cleaning, or if there is visible deterioration of a system component (cracking, discoloration, tears, etc.), that component should be replaced.