



Keeping Your CPAP Equipment Clean

Why You Need To Clean Your Equipment

If you are using your CPAP equipment every night, you should be cleaning your mask (and cushions) hose and humidifier every day. Removing facial oils and dirt from your mask will not only help it seal better, but will also extend its life. Daily cleaning of the mask, the tubing and humidifier will also remove any moisture that accumulated over night from the humidifier. This is important because bacteria LOVE to grow in warm, moist places.

Daily Cleaning

Wash: Remove mask, hose and humidifier from machine. Empty out humidifier and place all three pieces in warm soapy dishwater. Gently wipe mask cushions and swish equipment. Submerge hose in soapy water and move water through tubing.

Rinse: Rinse all pieces very well under warm tap water. Make sure to run clean water through CPAP tubing until all soap rinses out. Allow equipment to dry on clean towel. CPAP hose will drain/dry more quickly if draped over your shower head.

Wash your headgear only when needed. Frequent unnecessary washing may damage elasticity and cause it to stretch out.

How to Clean Your Machine Filters

Your machine will also have filters. Some filters are disposable (usually white) and other filters, (usually spongy or foam) are washable and reusable. Just like a furnace filter, your CPAP filters should be checked on a regular basis. Dirty filters will not clean the incoming air well and may cause your machine to run improperly.

Reusable filters (spongy) should be checked weekly. If dirty, rinse under water until clean and pat dry with a clean towel. The disposable filter should be checked and replaced about once a month.

If your home is very dusty or someone smokes, these filters may need cleaned or replaced more often.

Replacing filters and other CPAP supplies

Even with proper care, your CPAP equipment will not last forever. Your durable medical equipment (DME) coverage determines how often your insurance will pay for replacement CPAP supplies such as filters, masks and hoses. The company that provided your CPAP machine should have this information but you can also contact your insurance company yourself, and ask them how often they will pay for new supplies.