

CPAP Cleaning Guide



ALWAYS use warm water with mild unscented shampoo or dish detergent with a soft cloth.



NEVER use any cleaning products which contain alcohol, ammonia or bleach.

This will damage the silicone in your CPAP mask.

DAILY

- Wipe all parts of the mask: pillow, cushion, shell and swivel with warm water and unscented soap solution
- Rinse thoroughly
- Empty and refill humidifier with DISTILLED water

*Specifically designed WIPES are available for your convenience.
Ask your HSS representative*

WEEKLY

- Swirl tubing, mask, headgear, and humidifier in a solution of water and mild dish soap for about five minutes
- Rinse thoroughly
- Hang to dry or place on a clean towel
- Unplug and wipe down PAP machine with a slightly damp towel

EVERY 2 WEEKS

- Disinfect your humidifier chamber by soaking it for 30 minutes in a solution that is one part vinegar to five parts water
- Rinse thoroughly

Reusable filter: Separate (if attached). Thoroughly rinse and dry the filter.
DO NOT clean the disposable (ultra-fine) filter. If it is clearly soiled, replace it.

HELPFUL TIPS

- Always unplug the unit before cleaning
- Never clean equipment in the dishwasher
- Always allow equipment to completely air dry before plugging unit back in and reconnecting accessories
- Never attempt any repair on the unit

