



Cleaning your CPAP Machine and Supplies

Equipment	Cleaning	Frequency	Instructions	Replacement	Note
CPAP Mask	Use gentle soap (Ivory or Dial antibacterial)	Daily	Wash inside and out, rinse well, allow to air dry.	Every 6 months	Do not use alcohol based products
Nasal Pillow	Use gentle soap (Ivory or Dial antibacterial)	Daily	Wash thoroughly, rinse well, allow to air dry	Monthly or as needed	Do not use alcohol based products
Headgear/ Chin strap	Use gentle soap (Ivory or Dial antibacterial)	Weekly	Hand wash hang to dry	Every 6 months	Do not use bleach or put in dryer
Tubing	Use gentle soap (Ivory or Dial antibacterial)	Weekly	Wash thoroughly, rinse well, allow to air dry	Every 6 months	See Disinfecting Instructions below
Humidifier/ chamber	Warm soapy water	2 times per week	Wash thoroughly, rinse well, allow to air dry	Yearly	See Disinfecting Instructions below
Filters- disposable	Dust off (do not wash)	1 time per week	Use dry cloth to dust	Every 6 months	
Non-disposable filters (gray)	Use gentle soap (Ivory or Dial antibacterial)	Weekly	Wash thoroughly, rinse well, allow to air dry	Every 6 months	
CPAP unit	Damp cloth (do not use detergents or sprays)	As needed	Use damp cloth to dust		Contact equipment company if machine is not working properly

Disinfecting instructions: Mix 1 part white vinegar to 3 parts **distilled** water soak for 30 min. For tubing immerse in solution and rinse well hang to air dry. For humidifier/chamber submerge and allow to air dry before use. Remember to use only distilled water in your humidifier.