



Maintaining Your CPAP Machine

Your CPAP machine is your ticket to quality sleep, health, and happiness, but it needs proper care — just like you. Your machine should be free of any curtains, bedding, papers, etc. Keep it clean and get more z's.

Daily cleaning

Follow these steps every day to keep your machine working properly:

1. Remove remaining distilled water from the humidifier chamber every morning and rinse with soapy water. Allow to air dry, and use new distilled water every night.
2. Clean your equipment when you wake up, so it's dry by bedtime.
 - Place your CPAP/BiPAP tubing, mask, and headgear into a sink filled with warm water and a mild soap (e.g., baby shampoo).
 - Gently wash the items for several minutes, and then rinse well with warm water.

- Place your mask on a towel and hang the headgear and tubing over a towel bar or shower rod to dry.
- 3. Go to bed with a clean face (do not use facial moisturizers at night) to help keep your mask clean.

Weekly cleaning

Make sure you follow these steps every week:

Rinse the filter at the back of your humidifier with tap water until all dust is gone. Blot the filter dry with a towel, and then place it back into your machine. Disposable white filters should be replaced monthly or sooner.

To disinfect your mask, tubing, and humidifier:

1. Mix 1 part white vinegar with 3–5 parts water in clean humidifier.
2. Let the item soak for approximately 30 minutes.
3. Rinse and dry thoroughly.

Wipe down the exterior of your machine with a damp cloth to remove any dust.

(over)

Even with excellent care and cleaning, CPAP masks, hoses, water chambers, and filters will eventually need to be replaced. Inspect your equipment frequently for any signs of wear, and replace parts as recommended below:

Every month	Date						
Full face mask/nasal cushion/nasal pillow							
Disposable filters							

Every three months	Date						
Mask without headgear							
Tubing							

Every six months	Date						
Headgear							
Chinstrap							
Non-disposable filter							
Humidifier (water) chamber							

To get more information on sleep apnea and its treatments, visit:

American Sleep Apnea Association
sleepapnea.org

American Academy of Sleep Medicine
sleepeducation.org

National Sleep Foundation
sleepfoundation.org

Please note:

These are general guidelines. Always follow the instructions included with your equipment.



BlueCross BlueShield of Western New York is a Medicare Advantage plan with a Medicare contract and enrollment depends on contract renewal. A division of HealthNow New York Inc., an independent licensee of the BlueCross BlueShield Association.

BlueCross BlueShield of Western New York complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-329-2792 (TTY 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-329-2792 (TTY 711)。