



CPAP EQUIPMENT CLEANING INSTRUCTIONS

WHAT TO WASH:

WEEKLY: Mask
Tubing
Plastic Connectors
Headgear
Chinstrap (if supplied)
Humidifier Chamber (if supplied)

HOW TO WASH:

STEP 1: Plastic or silicone items such as the mask and tubing should be washed in warm, soapy water using a mild liquid detergent like Ivory, Palmolive, etc. The humidifier chamber may occasionally be cleaned more thoroughly with a white vinegar solution.

Cloth items such as headgear should be washed by hand with a standard laundry detergent to maximize the life of the item. If you choose to machine wash the items, place the items in a lingerie bag or in a pillow case with the end tied.

STEP 2: Thoroughly rinse all the detergent from the equipment with warm water alone.

STEP 3: Air dry (preferred). If air drying is too slow, you can also dry by connecting the mask and tubing to the CPAP machine. Place the mask in a gallon-sized plastic bag and turn on the CPAP machine. Dry for approximately 20 minutes. Never iron or use any kind of heated drying.