



CLEANING AND DISINFECTING RECOMMENDATIONS FOR PAP SUPPLIES

ALWAYS

Wash your hands thoroughly before and after cleaning your equipment

- Hand washing is one of the most effective ways of preventing infection.

DAILY

Clean the cushion or pillow with mild dish soap and water and let dry

- Do **not** use anti-bacterial soap--it has a high level of alcohol content and can cause the mask to breakdown much faster.
- Baby wipes or CPAP wipes (available at Sleep Insights) are also an effective way to clean your mask.

Check the level of your distilled water in the water chamber. Change the water every 2-3 days.

WEEKLY, if not using SoClean. Otherwise, BI-WEEKLY if using a SoClean/Purify O3

Submerge the tubing, water chamber, mask and headgear in soapy water for 15-20 minutes, then rinse thoroughly and air-dry.

- Heated tubing can be submerged in water, it will not affect the heating element

Remove filter from rear or side of unit and shake the dust off. If the white portion of the filter is gray, then it is time to replace it.

Clean and dust the exterior of the unit. This will prolong the life of your filter and help prevent dust from getting into the motor.

MONTHLY

Change the filter.

Consider changing your cushions.

**A simple, effective way to disinfect your CPAP machine is with a SoClean machine,
which we offer at our site.**

No water and no disassembly needed.