

# Fast, Cheap and Easy CPAP Cleaning Guide

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Masks and supplies are different. Review all manufacturer's instructions for disassembly and cleaning instructions.





# WHY you need to clean your CPAP mask and parts



Your CPAP mask and parts must be cleaned to prevent the build-up of skin oils, dust, allergens, mold, and bacteria. Replace any equipment that has torn, cracked, or become discolored.

Even if your CPAP supplies appear to be functional and intact, the disposable parts should be replaced regularly so you are comfortable and not compromising the quality of your CPAP treatment ([click here for the CPAP Supplies Replacement Schedule](#)).

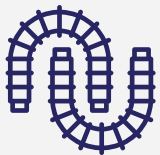
Make CPAP *hygiene* part of your morning *routine!*

## EVERY DAY



1

Remove and empty the water chamber. Allow the chamber to air dry completely on a clean surface.



2

Shake out any water that has accumulated in the tubing.



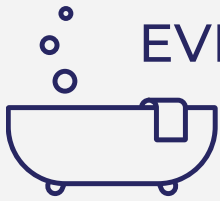
3

Wipe your mask cushion with an unscented disposable wipe or a clean cloth dampened with warm soapy water. Rinse the cushion with water and allow it to air dry on a clean surface.



## Complete CPAP HOME CLEANING KIT

- ✓ Clean plastic tub or bucket to hold supplies and bath
- ✓ Mild unscented dish soap
- ✓ A clean towel for drying
- ✓ White vinegar
- ✓ Spare disposable filters



### EVERY WEEK

1

Make a bath for your CPAP parts in a sink or plastic tub. Add warm water and a few drops of unscented dish detergent (such as Dawn) or baby shampoo and mix.

2

Disassemble your mask. Add your mask parts, headgear, tubing, and water chamber to the bath. Gently rub the silicone cushion of the mask to remove any oils or buildup.



3

Swirl the other parts in the bath and make sure the water flows through the entire length of the tubing. Soak for 5-10 minutes.

4

Take the parts out of the bath and rinse thoroughly with water. Allow the parts to dry on a clean surface. The tubing should be hung to allow water to drip out.



Inspect your water (humidifier) chamber. If you are noticing a build-up or discoloration:



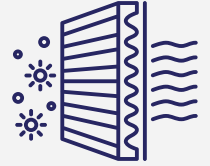
- Make a solution of 3 parts water plus 1 part white vinegar.
- Pour the water & vinegar solution into the chamber and soak for 15-20 minutes.
- Rinse completely and let air dry.
- Remember to replace the water chamber every 6 months.

EVERY  
TWO WEEKS



1

Check your disposable ultra-fine filter in the CPAP machine and replace if dirty.



2

Check the non-disposable filter (if present). If it looks dirty, remove it and rinse with warm water. Allow it to air dry completely before putting it back in the machine.



Always use unscented disposable wipes or clean water with mild unscented shampoo or dish detergent (such as Dawn).



Never use any cleaning products containing alcohol, ammonia, or bleach (these will damage the silicone in the CPAP mask).



If you are sick, it's smart to wash your CPAP parts daily.

To continue progress with your CPAP therapy, follow the **Super Sleep Plan:**

Click on  
the links  
to start!



Get **SUPPORT**  
in the private  
Facebook  
group

1

**EDUCATE**  
yourself with  
virtual  
courses

2

**EMPOWER**  
yourself with  
group coaching  
sessions

3

