



How to clean your CPAP equipment

To get the best possible therapy for your sleep apnea, it's important to properly clean your CPAP equipment on a regular basis including the mask, air tubing and humidifier tub.

Time it takes: 5 minutes

Supplies you'll need for cleaning:

- A sink or tub
- Warm, drinking-quality water (86°F/30°C)
- Mild soap
- A clean towel

Cleaning your CPAP mask cushion, frame & headgear

AirFit series, Swift, Mirage, Quattro and Pixi masks

AirTouch F20 cushion

Daily cleaning tips:

1. Unplug your CPAP machine from the power source.
2. Disconnect the mask and air tubing from the CPAP machine.
3. Disassemble your mask into 3 parts (headgear, cushion and frame).
4. In a sink or tub, clean your mask cushion and headgear to remove any oils. Gently rub with soap and warm, drinking-quality water. Avoid using stronger cleaning products, including dish detergents, as they may damage the mask or leave harmful residue.
5. Rinse again thoroughly with warm, drinking-quality water.
6. Place the cushion and frame on a flat surface, on top of a towel, to dry. Avoid placing them in direct sunlight.

Air tubing cleaning tips

ClimateLineAir™ heated tube, SlimLine™ and standard tubing

Weekly cleaning tips:

1. Unplug your CPAP machine from the power source.
2. Disconnect the air tubing/hose from your mask and CPAP machine.
3. In a sink or tub, rinse the inside and outside of the air tubing with mild soap and warm, drinking-quality water. Avoid using stronger cleaning products, including dish detergents, as they may damage the air tubing or leave harmful residue.
4. Rinse again thoroughly with warm, drinking-quality water.
5. Place the air tubing on a flat surface, on top of a towel, to dry. Avoid placing in direct sunlight.

Humidifier tub cleaning tips

Daily cleaning tips:

1. Unplug your CPAP machine from the power source.
2. Disconnect the humidifier tub from the CPAP machine.
3. In a sink or tub, rinse the humidifier tub with mild soap and warm, drinking-quality water. Avoid using stronger cleaning products, including dish detergents, as they may damage the humidifier tub or leave harmful residue.
4. Rinse again thoroughly with warm, drinking-quality water.
5. Place the humidifier tub on a flat surface, on top of a towel, to dry. Avoid placing in direct sunlight.
6. The humidifier tub should always be clean, clear and free of discoloration.

Weekly cleaning tips:

1. Once a week, soak your humidifier tub in a solution of 1-part white vinegar and 1-part water for 15-20 minutes.
2. After soaking, rinse thoroughly with warm, drinking-quality water.
3. Place the humidifier tub on a flat surface, on top of a towel, to dry. Avoid placing in direct sunlight.

Which CPAP parts do I need to replace?

Just like a car, your CPAP equipment works best with proper maintenance. And that means regularly replacing certain parts.

Every month

- Mask cushion
- Air filter

Every 3 months

- Mask frame
- Air tubing

Every 6 months

- Mask headgear
- Humidifier tub