### Inspect these 3 points monthly.









Peel here (Recommended locations: nightstand, bedside table, bathroom mirror or refrigerator)

Peel here (Adhere to your CPAP machine)



Use these guidelines to help you inspect, assess and replace your CPAP supplies. Ask your supplier how.

## **EVERY 1 MONTH**

# **EVERY 3 MONTHS**

## **EVERY 6 MONTHS**

### Mask cushions and pillows

- Have the edges of your cushion or pillows become stiff or cracked?
- Has your cushion changed color?
- Are you experiencing discomfort, redness or skin irritation?

#### **Machine filters**

 Does your filter show signs of wear such as discoloration, holes or tears?

#### Mask (excludes headgear)

Are you experiencing excessive leaks?

### **Tubing (standard or heated)**

- Has your tubing begun to change to an opaque color?
- Has your tubing developed tears?

# Headgear and chin strap

- Has your headgear stretched?
- Do you find that you are overtightening to avoid leaks?

#### **Humidifier** water chamber

- Has the water chamber become discolored or cloudy?
- Do you see any cracks or pitted areas?

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