

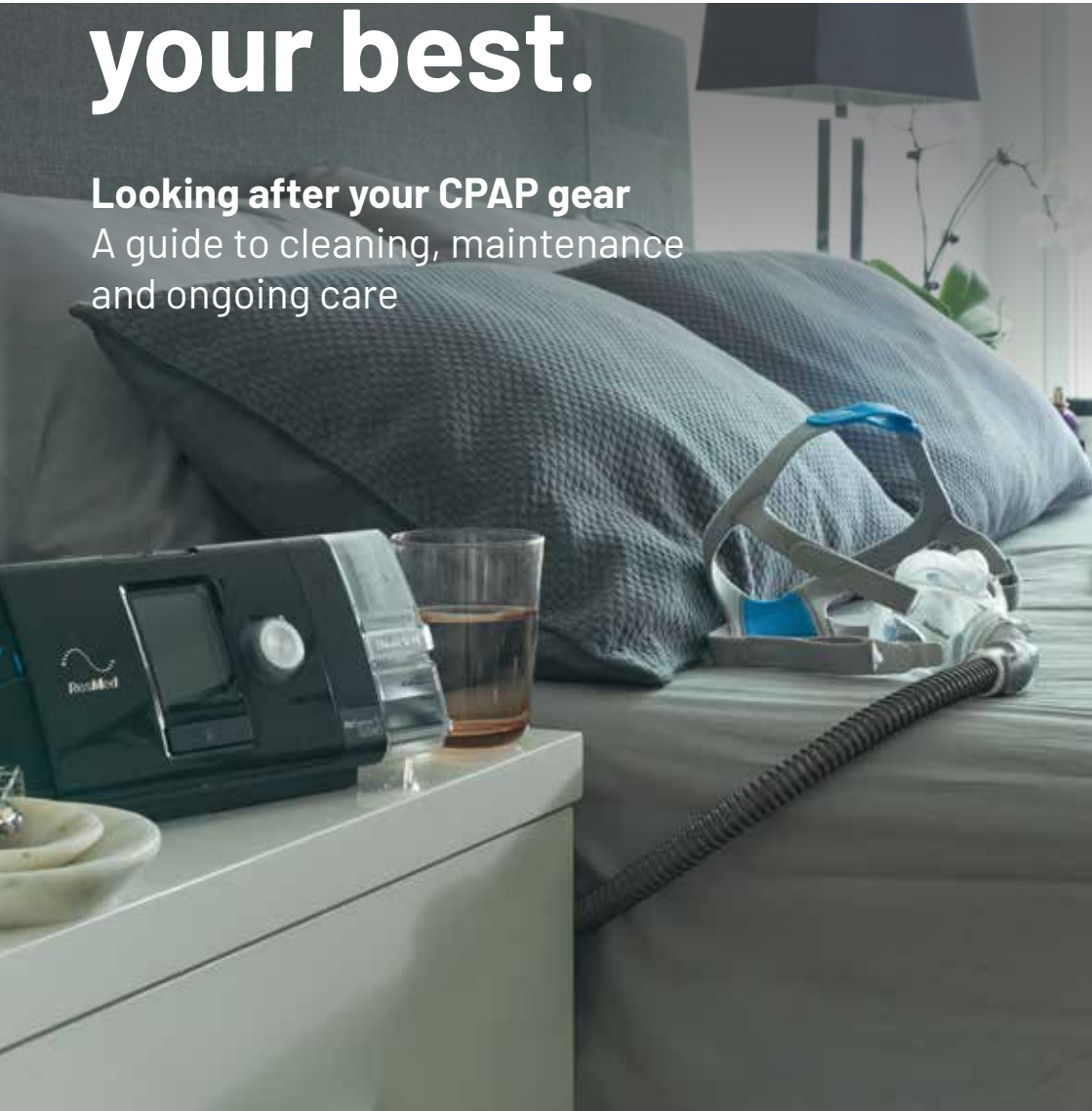


ResMed

Awaken your best.

Looking after your CPAP gear

A guide to cleaning, maintenance
and ongoing care



CARING FOR YOUR CPAP GEAR

To get the most out of your CPAP therapy, it's important to regularly inspect, clean and care for your CPAP equipment.



Mask care

Over time, facial oils can accumulate on your mask and reduce the performance of its seal. That's why we recommend you wash your face with water to remove any excess facial oils before wearing your mask each night. We also suggest you do not apply moisturisers near areas where the mask will touch your face.



Device care

To keep your device in good condition, you should also wipe the device down and clean its air tubing weekly. We also recommend you check the air filter at least once a month for dust build-up. A blocked air filter can reduce the air pressure being delivered to you.



Humidifier care

Wash the humidifier tub in warm water using mild detergent and allow to dry out of direct sunlight. Inspect the water tub once a month for wear and deterioration. Replace the tub if it is leaking or has become cracked, cloudy or pitted.



For step by step videos on how to clean your particular mask scan the QR code.



This cleaning information is a summary only. Please refer to the relevant product user guide for more information. The information herein should not be used as a substitute for medical advice. Talk to your healthcare professional if your symptoms persist, worsen, or change unexpectedly. When in doubt, always consult a healthcare professional."

CLEANING YOUR CPAP MASK

Keeping your CPAP mask clean is key to ensuring that it fits and seals well. You should clean the mask cushion and tubing daily and the mask frame and headgear weekly.

- 1** Before you wash your mask, you should take it apart and wash the necessary components in warm water (approximately 30°C/86°F) with a mild detergent.
- 2** After washing, all components should be rinsed well with drinking-quality water and allowed to air dry out of direct sunlight.

Please note that **AirTouch™ mask cushions** made of memory foam **cannot** be washed or submerged in water. We recommend you clean them after each use by wiping them down with an alcohol free wipe.

Daily



- Short tube
- Elbow
- Mask cushions
 - Silicone
 - AirTouch cushions

Weekly



- Frame with tubing
- Headgear
- Device tubing
- Humidifier tub
 - Cleaned

Monthly



- Humidifier
 - Inspect for wear and deterioration

Masks must be handwashed with a mild detergent to avoid damage and harmful residues.

Here is a list of common cleaning solutions to avoid:

- ✗ Aromatic-based solutions or scented oils
- ✗ Antibacterial soaps
- ✗ Alcohol
- ✗ Bleach
- ✗ Strong-smelling products

Your mask's user guide includes further details and will tell you exactly when and how to clean each part of your chosen mask.

REPLACING YOUR CPAP GEAR

To get the most out of your sleep apnea therapy, you must inspect and replace your supplies as recommended to maximise mask seal, therapy comfort and air quality.

Mask cushions will collect dirt, oil and bacteria with every use. These can then deposit back onto your face while you sleep and cause skin irritation and overall discomfort.

CPAP machine filters need to be changed out for the same reasons that your car air filters do; build-up over time makes them less effective and may even contribute to nasal symptoms and congestion.

Based on general wear and tear, we suggest that you use the following as a guideline to replace your CPAP parts:



Discard and Replace

upon any visible deterioration (cracking, crazing, tears)

- Mask frame
- Mask headgear
- Silicon Mask Cushions



Every 6 months (at least)

- Replace more often if there are any holes or blockages by dirt or dust



Every 6 months (at least)

- CPAP air tubing



Every month

- AirTouch memory foam mask cushions



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