



## Helpful Tips for CPAP

Cleaning your CPAP equipment on a regular basis can help maintain a good seal, reduce your risk of respiratory infections, and minimize skin irritation. Many CPAP mask cushions are made of silicone, a gentle, non-irritating material. However, silicone can deteriorate and cause excessive mask leak without proper care. Excessive mask leak can be noisy and disrupt sleep.

In the pilot study "CPAP Masks are Sources of Microbial Contamination," researchers found:

- There is a correlation between mask age and bacteria growth. In the study, older masks grew copious amounts of bacteria and fungi.
- Washing CPAP equipment with soap decreased bacteria counts.
- Silicone may become resistant to disinfection over time. Repeated washing at 6-12 months could not reduce bacterial counts adequately.

### Cleaning Recommendations

- Clean mask cushions/pillows daily by gently rubbing in warm water using mild soap (e.g. Palmolive). Use a soft bristle brush to clean the vent. Headgear and chin straps should be washed weekly by hand using warm soapy water, rinsed well, and air dried.
- Never use bleach or alcohol to clean mask or components as this may damage the mask. Residual vapors can also be inhaled.
- Before applying the mask, wash your face thoroughly and avoid facial moisturizers. Natural facial oils and moisturizers can quickly breakdown the silicone.

These tips on cleaning your supplies will improve your treatment experience and keep your equipment operating at top performance. For more information, please contact Northwest Sleep Health at 503.353.1272.

## Recommended Replacement Schedule for CPAP Supplies and Parts

### Every 2-4 Weeks

- Disposable filters

### Every 3 Months:

- Disposable filter

### Every 6 Months:

- Mask Interface (nasal, pillows, or full face)
- Headgear
- Chinstrap (if you are using chinstrap)
- Water chamber

These items can be obtained at your 6 month Equipment Maintenance Check. If damaged or you need equipment prior to your visit, NWSH can arrange to have your replacement supplies ready for you pick up or mailed to your home.

### Standard Replacement Eligibility Schedule:

(Check with DME provider for your individual insurance policy's eligibility)

Mask: 1 per 6 months

Replacement Nasal Cushion: 2 per month

Replacement Nasal Pillows: 2 per month

Replacement Full Face Cushion: 1 per month

Headgear: 1 per 6 months

Chinstrap: 1 per 6 months

Tubing: 1 per 3 month

Disposable Filter: 2 per month

Non Disposable Filter: 1 per 6 months

Replacement Water Chamber: 1 per 6 months

Please check the benefits with your insurance company to understand what supplies are covered. The cost of the supplies are billed to your insurance. **You are responsible for the balance that insurance does not cover.**