



# CARING FOR CPAP EQUIPMENT

- It is good to clean your equipment daily.
- This is so that germs will not build up inside.
- It also makes the equipment last longer.
- If you use a humidifier, you should change the water every day.
- Once a week, you should also rinse out the chamber.
- Check that dust does not build up in the filter.

Note: All words that are underlined relate to topics in the Sleep Health Foundation Information Library at [www.sleephealthfoundation.org.au](http://www.sleephealthfoundation.org.au)

## 1. What is CPAP equipment?

Many patients with respiratory problems use positive airway pressure therapy. This can be for a problem that affects movement of air into and out of the lungs (e.g. obstructive sleep apnea, obesity or a respiratory muscle disorder) or the lungs themselves (e.g. chronic obstructive pulmonary disease or cystic fibrosis).

Some of this equipment provides continuous positive airway pressure therapy (CPAP) to help keep airways open. Other equipment gives an extra pulse of pressure when you breathe in, as a form of breathing assistance. The type used depends on what is being treated.

Whatever equipment it is there are a few things you need to do to keep it in good condition.

## 2. Taking care of masks, straps and tubing

Weekly cleaning of masks, straps and tubing is a good idea. This helps hygiene. It will also extend their life. Before you do this, the parts should be separated. You should also disconnect the tubing from the machine and humidifier. Use mild soapy water, rinse and air dry. Hang the tubing over a rail to help this. Avoid using water that is too warm, harsh detergents and direct sunlight when drying. These tend to damage plastic and elastic straps.



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