

## Tips for Cleaning – Quick Guide

Clean your machine and its components on a regular basis to prevent the risk of contamination, infection and air leakages. It will also help extend the lifespan of your equipment.

- You should adhere to the following maintenance schedule.
  - ❖ Clean the surfaces of your mask cushion that have been in contact with your face **on a daily basis**.
  - ❖ Wash/Clean your air filter and clean your tubing **on a weekly basis**.
  - ❖ Wash your headgear in a basin of warm soapy water **on a monthly basis**, or more regularly if necessary.
- Every time you clean you should use.
  - ❖ **Warm water**
  - ❖ **A neutral soap or, a mild or neutral body wash**
  - ❖ Always rinse with **clean water**.
- Remember to damp **dust** the outside of your device once per week with a soft damp cloth. Ensure the device is unplugged and turned off.
- Avoid any alcohol or bleach-based cleaning solutions. This way your machine and its components last longer.
- Finally, leave all the components out to completely air dry, **away from direct sunlight**.
- Check that the different components are in good working condition before reassembling them. Always check for leaks or tears. Ensure the mask exhalation port is clean and anti-asphyxia valves are working.
- Make sure to replace any damaged parts as quickly as possible or to contact your Sleep Support team.
- Please refer to your user manual for more specific information concerning your CPAP machine.

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