



CPAP Instructions

Setting up your CPAP Unit

- ✓ Be sure that your CPAP unit is on a firm foundation above the floor. This will limit the amount of dust pulled into the your unit.
- ✓ If you are using a humidifier, be sure that your CPAP unit is placed on a surface that is below your head level to insure proper humidity and less dripping into your mask.
- ✓ Never place the unit in a position that blocks the air inlet port located at the back of the unit. A blocked port will lead to less air flow through the unit and cause overheating.
- ✓ Make sure all hose connections and swivel tubes are securely fastened.



Before going to bed

- ✓ **Wash your face before putting on your mask.** Natural body oils, face creams and make-up will cause the mask to wear out faster. A clean and dry surface where the mask will be applied is also beneficial for a proper seal around your nose, especially for masks with silicon or gel cushions.
- ✓ **Adjust the mask to a snug fit.** Over tightening the headgear will cause discomfort and the mask to leak and discomfort.

Note: If you wake up in the morning with soreness and bruising around you nose; you are wearing your mask to tight.

- ✓ **Attach the hose and swivel tube to your mask elbow connection.** It is recommended to keep the swivel tube attached to the hose.
- ✓ **Turn your CPAP unit “On” to assure proper operation.** Airflow through the tubing should be constant. If you are using the delay/ramp option, airflow will be low at first and then gradually reach your prescribed pressure after a set period of time.
- ✓ **Once in bed, turn your head from side to side in order to check for leakage.** If the

Cleaning and Maintenance

CPAP unit

Unplug the unit before cleaning it. Never immerse the unit in water.

- ✓ Using a cloth slightly dampened with water and soap, wipe the outside of the unit .
- ✓ Next using a cloth dampened only with water, wipe down the outside of the unit once again.
- ✓ Wipe down the unit with a dry cloth until it is completely dry. Make sure the unit is thoroughly dry before plugging it in.

Humidifiers

Remove the humidifier chamber from the heating base before cleaning it.

- ✓ Fill up the chamber with a solution of 1 part distilled white vinegar and 3 parts warm distilled or bottled water.
- ✓ Allow the solution filled chamber to soak for 20 minutes.
- ✓ Drain and rinse thoroughly.

CPAP Mask and Accessories

Always use pure liquid soap with no anti-bacteria agents, moisturizers or scented oils. We recommend *Neutrogena face wash*.

Nasal, Full Face or Nasal Pillows

- ✓ Disassemble the mask completely.
- ✓ Fill your sink up half way with warm (not hot) water.
- ✓ Hand wash each part of the mask separately.
- ✓ Drain your sink.
- ✓ Rinse each part thoroughly
- ✓ Allow your disassembled mask to air dry on a towel, away from direct sunlight.

Headgear and Chinstraps should also be hand washed.

Machine washing will shorten the life of the equipment.

CPAP Tubing

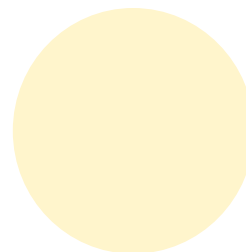
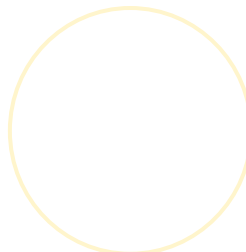
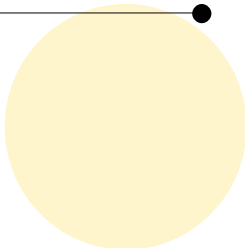
- ✓ Fill your sink with warm soapy water.
- ✓ Immerse the tubing in the soapy water and allow it to soak for 20 minutes.
- ✓ Rinse thoroughly to remove all soapy residue.
- ✓ Hang dry away from direct sunlight.

Filters



Warning:

Cleaning your respiratory equipment is essential to the life of your equipment and to your health.



Durable Medical Equipment

O'Connor Health Center 1
455 O'Connor Drive Suite 110
San Jose, CA. 95128

Cleaning Schedule

Equipment

Frequency

Nasal Mask,

Daily

Nasal Pillows

Full Face Mask

We Are on the Web at
SLEEPMEDICINESERVICE.COM

6 ft. Tubing

Monthly *if no humidifier*

Bi-weekly *with humidifier*

Humidifier Chambers

Change water daily

(Clean) Weekly

2 ft. Tubing (Humidifier)

Bi-weekly

Filters

Bi-weekly

Headgear

Weekly

Chinstraps

Weekly

Whenever moisture is present from water supplies, humidity or any bodily fluid, bacteria can grow. If your equipment is not properly cleaned and dried, bacteria build up and can lead to infections in your body, especially in your airway. Also, the oils in your skin and the materials in tap can cause premature breakdown in the materials used to manufacture your CPAP equipment, especially your mask. Daily cleaning removes dirt and oils that may harbor germs. Therefore we recommend that the Cleaning Schedule be followed diligently.

Remember to always wash your hands prior to handling your CPAP equipment.

If you have any questions or problems with your equipment, please call our office at (408) 294-4532.