



Piece of Equipment	How Often Cleaned	Directions to Clean
Filter	Check filter daily	Disposable filter toss and replace with a new one. A reusable filter can be rinsed. Dry filter completely before putting back in your machine
Mask Insert	Daily	Wipe down with CPAP mask wipes or a plain wet washcloth. Change mask insert monthly.
Tubing	Weekly	Clean inside and outside of tubing by submerging in mild soap (dial, dove, or baby shampoo) and water. Rinse thoroughly and hang to dry. Do not put it in machine while wet! Replace tubing every 3 months.
Head Gear	Weekly	Rub with mild soap (dial, dove, or baby shampoo) and water. Rinse with warm water. Replace headgear every 6 months.
Humidifier	Weekly	Dump distilled water after every use. Use mild soap (dial, dove, or baby shampoo) and water or 50/50 white vinegar/tap water to clean the humidifier. Rinse with warm water.

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