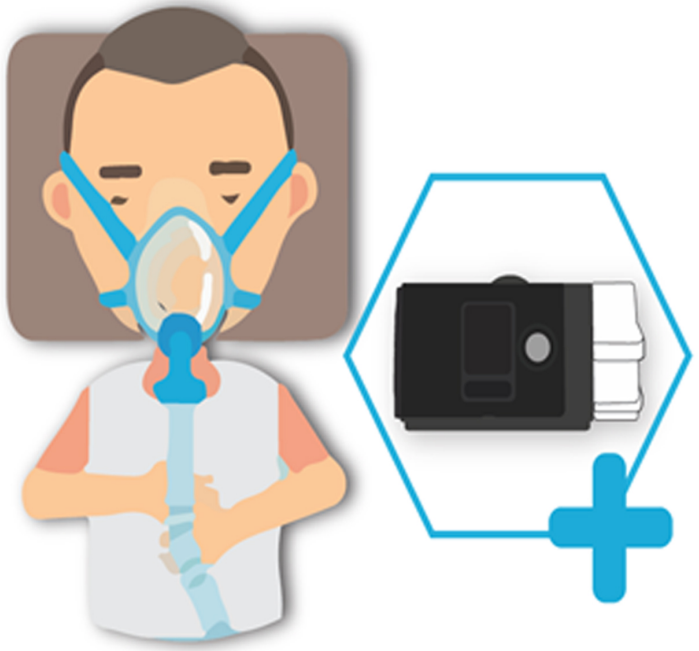
Humidifier:

1. Wash your humidifier's water chamber with warm water and mild soap **once a week**.
2. If there are *white/brown residues* (hardened minerals) on the metal part of the humidifier, you can brush it with soap and water.
3. Let it air dry.

Machine:

1. Keep the machine away from direct sun light.
2. Make sure that the sides and back of machine is at least a feet away from any obstacles.
3. Make certain that machine is unplugged when cleaning to avoid danger of electric shock.
4. Take a soft cloth and wet it with warm water. Gently wipe down the external surface of the CPAP machine to remove dust.
5. Change the **standard white filter** to a new one **every 6 months.**
6. Send the machine for **servicing every once a year**.

EVERYTHING YOU NEED TO KNOW ABOUT YOUR BPAP MAINTENANCE



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WHY should you be concerned regarding the cleanliness of your machine and accessories?

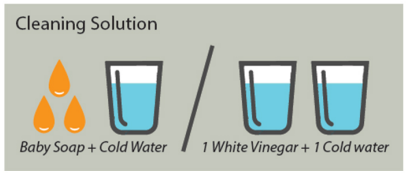
Cleaning can help to avoid potential dangers and problems, including:

- Bacteria exposure
- Mold exposure
- Allergy symptoms
- Possible increased risk for respiratory infections
- Musty or foul odor
- Mineralization within the equipment
- Premature equipment breakdown
- Voiding the device warranty

What do the experts recommend?

A Step-by-Step Maintenance Guides

Mask Cushion:



1. Wash your mask cushion **after each use**.
2. Dilute 3 drops of **baby wash** in cold water OR use 1:1 ratio of **white vinegar and water**.
3. Soak the cushion into the solution for 5 minutes.
4. Remove the cushion and rinse it with cold running water for 2 minutes.
5. Let it dry.
6. Keep away from direct sun light.
7. Can be replaced **after a year** or until it is worn out.

* Materials used in the manufacture of masks age prematurely when they are treated with **stronger cleaners**. In isolated cases it may therefore be necessary to replace your mask earlier.

Mask Head strap:

1. Wash your head strap by hand in warm water and mild detergent **once a week**.
2. Hang and let it dry.
3. Keep away from direct sunlight.
4. Can be replaced **after a year** or until it is worn out.
5. Keep from pulling strongly or twisting the clip part to avoid damage.

Tubing:

1. You can swish soapy water through your tubing with cold running water and mild detergent or soap once every two weeks.
2. Let it dry.
3. Keep away from direct sun light.