



*A better life through better sleep*

## Daily/Weekly Maintenance Checklist

The checklist below can be used to ensure that all pieces of your equipment are maintained in accordance with manufacturer recommendations and are maintained in good working order to establish success for you as a CPAP/BiLevel user.

Daily – After Wakeup:

- Wipe mask areas that are in contact with your skin clean with a CPAP 2 Go mask wipe or with a soapy, damp cloth
- Empty water chamber and let air dry (if applicable)

Daily – Before Bed:

- Fill water chamber with fresh distilled water (if applicable)
- Wash face to remove oils
- Turn on machine and humidifier (if applicable)

Weekly:

- Clean entire mask and headgear with warm soapy water
- Clean tubing with warm soapy water (put a couple drops of liquid soap in tubing, attach to faucet and turn water on warm temperature. Let rinse for 10 minutes or until all soapy residue is gone.)
- Wash non-disposable filters or foam filters with warm soapy water and rinse out thoroughly. (Make sure filters are dry prior to re-installing in machine.)
- Wash water chamber with warm soapy water and rinse thoroughly; use 3 parts vinegar and 1 part water to disinfect (if applicable)
- Dust machine with damp cloth