



CPAP Helpful Tips and Replacement Parts Schedule

Helpful Tips for CPAP

Many CPAP mask cushions are made of silicone, a gentle, non-irritating material. However, without proper care, silicone can deteriorate and result in excessive mask leak. Excessive mask leak can be noisy and disrupt sleep.

In the pilot study, “CPAP Masks are Sources of Microbial Contamination” researchers found:

- There was a correlation with mask age, older masks grew copious amounts of bacteria and fungi.
- Washing CPAP equipment with soap decreased bacteria counts.
- It’s speculated that silicone surface of masks may become resistant to disinfection over time. Repeated washing at 6-12 months could not reduce bacterial counts adequately.

Cleaning your CPAP equipment on a regular basis can help maintain a good seal, reduce your risk of respiratory infections, and minimize skin irritation.

- **Recommended Daily:** clean mask cushions/pillows by gently rubbing in warm water using mild soap (e.g. Palmolive). Use a soft bristle brush to clean the vent.
- **Never use bleach or alcohol** to clean mask or components. Residual vapors can be inhaled. They may also damage the mask.
- Headgear and chin straps should be **washed weekly** by hand using warm soapy water, rinsed well, and air dried.
- Before applying the mask, wash your face thoroughly and try to avoid facial moisturizers. Natural facial oils and moisturizers can quickly breakdown the silicone.
- For most masks, it is recommended that you **replace the cushions 1-2 times per month and the mask every 3-6 months**. Insurance companies allow for replacement supplies, at your benefit level. For replacement schedules of CPAP equipment, you should check both your manufacturer’s recommendations and your insurance allowance.

These tips on cleaning and replacing supplies will improve your treatment experience and keep your equipment operating at top performance. For more information, please contact Northwest Sleep Health at 503-353-1272.

Replacement of Your Supplies and Parts

To order replacement supplies and parts: **(503) 353-1272**

WE RECOMMEND THE FOLLOWING REPLACEMENT SCHEDULE:

3 MONTHS:

- Disposable filter (you will receive replacement supply at the six month equipment maintenance visit)

6 MONTHS:

- Mask Interface (nasal, pillows or full face)
- Headgear
- Chinstrap (if you are using chinstrap)

YEARLY:

- CPAP Tubing
- Humidifier chamber (if you are using humidifier)

These items can be obtained at your 6 month Equipment Maintenance Check. If damaged or you need prior to visit, NWSH can arrange to have your replacement supplies ready for you pick up or mailed to your home.

Standard Replacement Eligibility Schedule:

(Check with DME provider for your individual insurance policy's eligibility)

Mask	1 per 3 months
Replacement Nasal Cushion	2 per month
Replacement Nasal Pillows	2 per month
Replacement Full Face Cushion	1 per month
Headgear	1 per 6 months
Chinstrap	1 per 6 months
Tubing	1 per 3 month
Disposable Filter	2 per month
Non Disposable Filter	1 per 6 months
Replacement Water Chamber	1 per 6 months

Please check the benefits with your insurance company to understand what supplies are covered. The cost of the supplies are billed to your insurance. You are responsible for the balance that insurance does not cover.