

# CPAP

maintenance guide for your device  
and its accessories

## Bulle

### Sleep center

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## Chêne-Bourg

### Sleep center

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## Daily

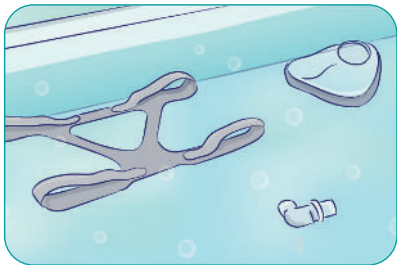


### The mask and humidifier

1. Clean the parts of the mask that come into contact with the nose and mouth with soapy water.
2. Let it air dry.

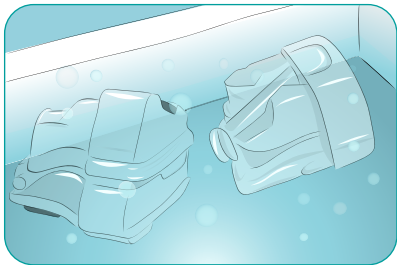
**Important:** if your device has a humidifier, the water must be changed every day.

## Once a week



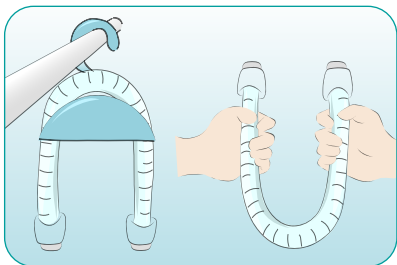
### The mask

1. Soak your mask and its components in warm soapy water.
2. Wash gently, then rinse.
3. Let it air dry.



### The humidifier

1. Wash\* the humidifier in warm soapy water.\*\*
2. Rinse and let air dry.

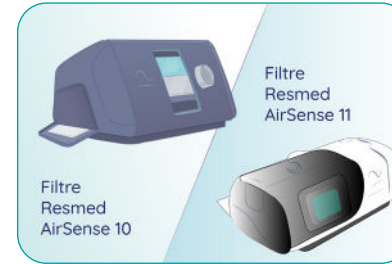


### The pipe

1. Fill the pipe with warm soapy water and shake.
2. Rinse and leave to dry upside down.

We recommend doing this when you wake up so that the hose is dry by evening.

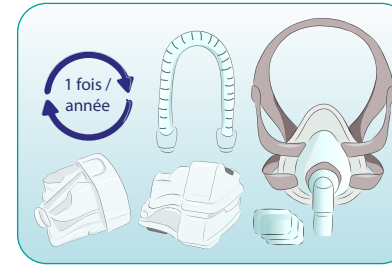
## Once a month



### The filters

The disposable filter should be changed every month (or as soon as it starts to turn grey). The hypoallergenic filter should be changed every month if you have allergies.

## Once a year



### Annual check-up

The mask, pipe, humidifier and filters of your CPAP machine must be replaced during your annual check-up (mandatory for prescription renewal).

To ensure optimal performance of your device and prevent damage, please follow these recommendations and do not:

- Use solutions containing bleach/chlorine/alcohol/ammonia
- Use moisturising or antibacterial soaps
- Dry your device and its accessories in direct sunlight
- Expose your device to water

*\*If there is limescale, use white vinegar or a limescale remover.*

*\*\*Some humidifiers can also be cleaned in the dishwasher on a delicate cycle (check the manufacturer's recommendations).*