

How to Clean Your CPAP Mask



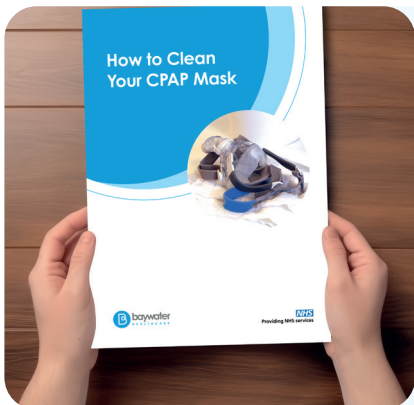
How to clean your CPAP mask



CPAP is an easy way of saying: Continuous Positive Airway Pressure



A CPAP machine helps you to breathe when you are sleeping.



This leaflet tells you how to clean your CPAP mask.

How to clean your CPAP mask



You need to keep your CPAP mask clean.



You need to clean the soft plastic on your mask that touches your face **every day**.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
✓ 24	✓ 25	✓ 26	✓ 27	✓ 28	✓ 1	✓ 2
✓ 3	✓ 4	✓ 5	✓ 6	✓ 7	✓ 8	✓ 9
✓ 10	✓ 11	✓ 12	✓ 13	✓ 14	15	16
17	18	19	20	21	22	23



You need to clean the mask, straps and tube one time **every week**.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	✓ 28	1	2
3	4	5	6	✓ 7	8	9
10	11	12	13	✓ 14	15	16
17	18	19	20	21	22	23

Cleaning the soft plastic on your mask every day



1. Put 3 small drops of washing up liquid in a bowl with some warm water. (The water should be warm, not hot).

Mix the water to make bubbles for about 5 seconds.



2. Put a clean cloth into the water.

Take the cloth out of the water and gently squeeze it until most of the water is out.



3. Unclip both bottom straps from your mask.

Move the straps away from the mask.



4. Use the cloth to wipe the soft plastic until it looks clean.

Cleaning the soft plastic on your mask every day



5. Wipe the soft plastic all over with a piece of kitchen roll or a paper towel.



6. Leave your mask next to your CPAP machine. It is ready to use when you go to sleep.



7. Rinse the cloth under the cold water tap then hang up to dry.

Throw the kitchen roll or paper towel into the bin.

Cleaning the mask, straps and tube every week



1. Put 3 small drops of washing up liquid in a bowl with some warm water. (The water should be warm, not hot).

Mix the water to make bubbles for about 5 seconds.



2. Put the mask, straps and tube into the water.

Make sure the water completely covers the mask, straps and tube.



3. Leave the mask, straps and tube in the water for one minute.

Then wipe the mask, straps and tube to clean any dirt away.



4. Take the mask, straps and tube out of the water.

Rinse the mask, straps and tube under the cold water tap to make the bubbles go away.

Squeeze out any water from the straps.

Cleaning the mask, straps and tube every week



5. Take a piece of paper towel or kitchen roll and wipe everything to remove as much water as possible.

Put the mask down on top of some dry kitchen roll and leave it to dry. (Put the mask soft plastic side down).



6. Hang the tube over something like a shower rail or shower screen to dry.



7. When you are ready to go to bed, go and get your mask, straps and your tube.

Throw the paper towel or kitchen roll into the bin.



8. Put your mask, tube and CPAP machine back together.

Your CPAP machine is now ready to be used again.

Keeping you safe and healthy



If you do not use your CPAP machine your sleep problems will not get better.



If you do not use your CPAP machine you could get very poorly.

You could have problems with your heart or your blood.



Your CPAP machine keeps you healthy and helps to stop you from dying too young.

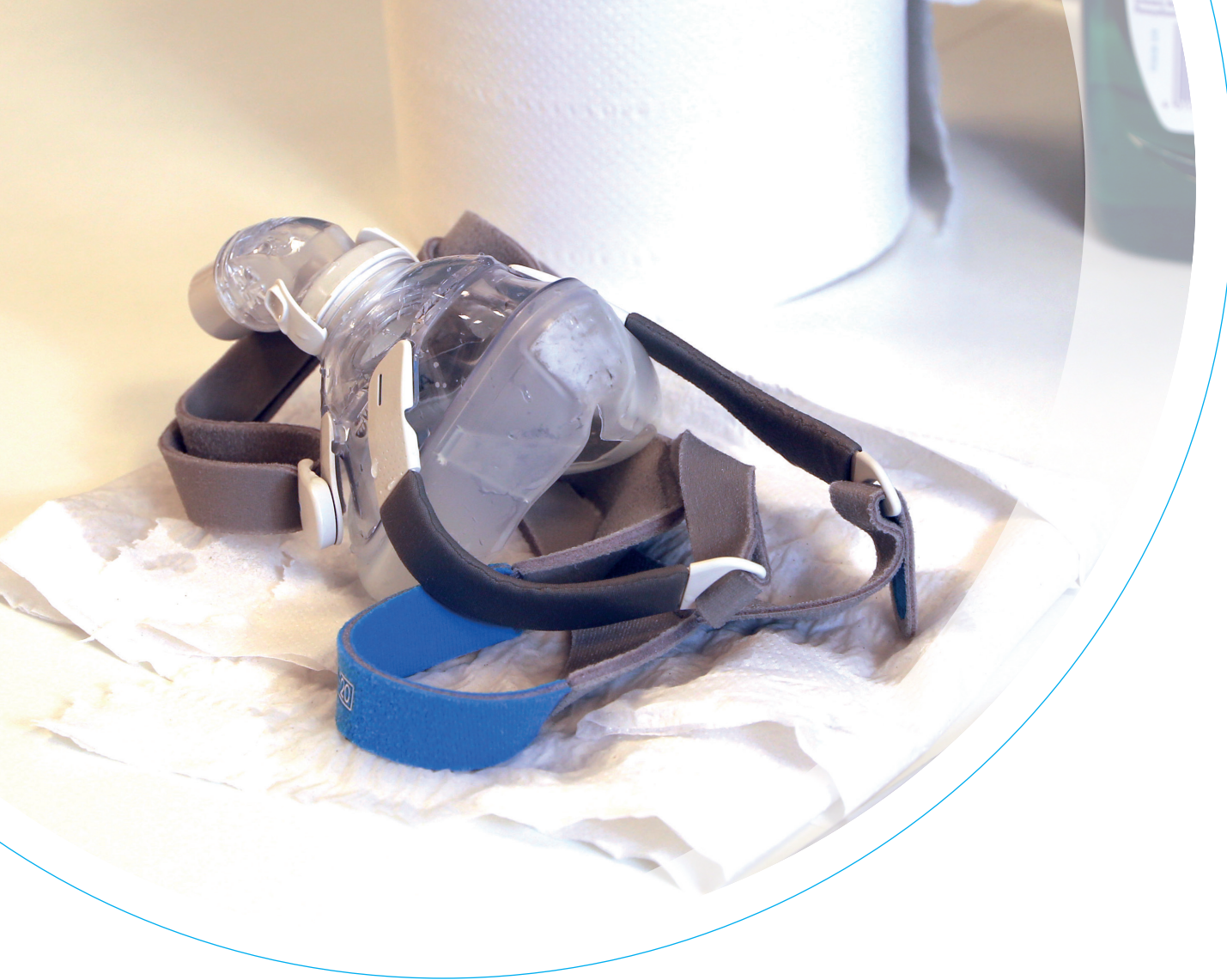


You must keep using your CPAP machine to stay safe and healthy.

If you have any problems, speak to your healthcare staff straight away.

Notes

Notes



If you have any questions or need any more help, speak to your Healthcare Professional.

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