

# How to Look After Your CPAP Equipment



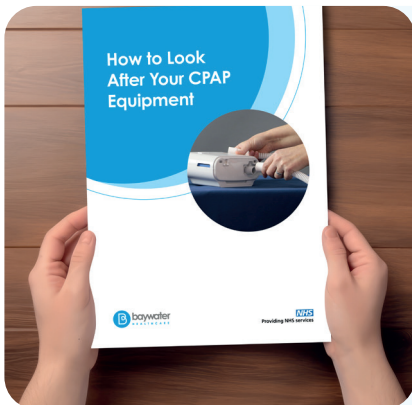
# How to look after your CPAP machine



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



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



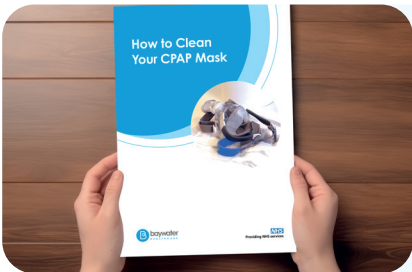
This leaflet tells you what you have to do to look after your CPAP machine.



# Things that you need to do to your CPAP equipment every day



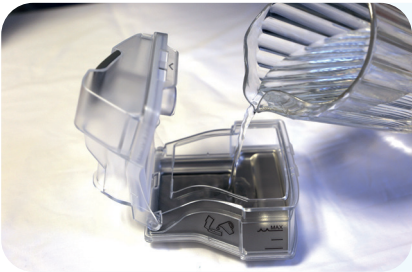
You need to clean the soft plastic on the mask that touches your face **every day**.



Read the booklet called "How to Clean Your CPAP Mask".



Some CPAP machines have a water tub.



If your CPAP machine has a water tub, you need to change the water **every day**.



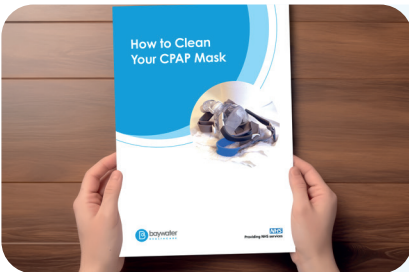
Read the booklet called "How to Use Your CPAP Water Tub".



# Things that you need to do to your CPAP equipment every week



You need to clean your mask, straps and tube **every week**.



Read the booklet called "How to Clean Your CPAP Mask".



Some CPAP machines have a water tub.

If your CPAP machine has a water tub, you need to clean the water tub **every week**.



Read the leaflet called "How to Use Your CPAP Water Tub".



# Things that you need to do to your CPAP equipment every week



You need to wipe your CPAP machine with a clean, dry cloth **every week**.



If you have a black filter in your CPAP machine, this will need cleaning **every week**.



Read the instructions from your CPAP machine to find out how to clean the black filter.



Ask someone for help or speak to your sleep service if you do not know how to clean the black filter.



# Things that you need to do to your CPAP machine every month



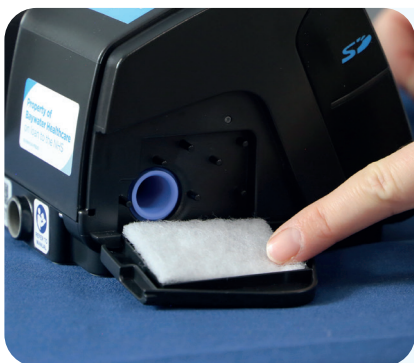
Most CPAP machines need you to change the white filter **every month**.



Read the instructions from your CPAP machine to find out how to change the white filter.



Ask someone for help or speak to your sleep service if you do not know how to change the white filter.



If your CPAP machine says "ResMed" on the label, you only need to change the white filter every **two months**.

# 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.**



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

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**ENHANCING  
LIVES**