

Step-by-Step: Cleaning Your CPAP Machine

Here's how to clean and sanitize your CPAP machine.

1. Unplug your CPAP machine. If the machine has an integrated battery, remove that as well.

Disconnect the tubing from the mask and from the machine. Remove the tubing connector from the mask.

Then separate the mask into 3 parts: the headgear, cushion, and frame.

2. Using a soft, damp cloth, wipe any dust from the outside of the machine.

3. Put the mask parts, tubing, and connectors into a sink or basin of warm, soapy water. Use unscented mild soap. Let them soak for about 30 minutes.

If you use a heated hose, wash that according to the manufacturer's instructions—do not soak.

After soaking, wash each part separately. Make sure to remove any oils from the mask cushion and headgear before moving on.

4. If the machine has a humidifier, remove the water tank and wash it with warm, soapy water.

5. When finished washing, rinse all of the CPAP parts with cool, clean water. Be sure the parts are free from soap or soap film.

Let everything air-dry completely on a clean towel. If needed, a towel rack can be used to air dry the tubing.

6. Put the CPAP machine back together.

Check for air leaks by turning the machine on briefly.