



CPAP Supplies Replacement Schedule & Cleaning Guide

A Patient Reference Guide

Better Sleep Project

Evidence-Based Sleep Education

Daily Cleaning (Every Morning)

A quick daily routine prevents buildup of oils, bacteria, and moisture that degrade your equipment and can cause skin irritation.

- Disconnect mask from tubing
- Wash mask cushion/pillows with warm water and mild, fragrance-free soap
- Rinse thoroughly — soap residue degrades silicone
- Air dry on a clean towel away from direct sunlight
- Empty humidifier chamber and rinse with warm water
- Leave humidifier chamber open to air dry
- Wipe down the exterior of the CPAP machine with a damp cloth

Tip: Never use alcohol, bleach, or scented cleaners on your mask — they degrade silicone and can cause skin irritation.

Weekly Cleaning (Once Per Week)

A deeper weekly clean removes buildup that daily washing misses and helps extend the life of your supplies.

- Soak mask cushion, headgear straps, and tubing in warm soapy water for 15–30 minutes
- Use mild dish soap or baby shampoo — avoid antibacterial soaps
- Rinse all parts thoroughly with clean water
- Hang tubing to dry (drape over a shower rod or towel rack)
- Lay headgear flat to dry — do not machine wash or dry
- Inspect mask cushion for tears, discoloration, or loss of seal
- Check tubing for cracks, holes, or condensation buildup

Tip: If your mask develops a persistent odor even after cleaning, it's time to replace the cushion.

Monthly Maintenance

Monthly checks catch wear and filter issues before they affect your therapy.

- Replace disposable filters (white, thin filters)
- Wash reusable filters (gray/foam filters) with warm water — let dry completely before reinstalling
- Inspect all connections for air leaks
- Check humidifier chamber for mineral deposits or discoloration
- If using a heated tube, check for condensation (“rainout”) issues

Tip: Use only distilled water in your humidifier. Tap water minerals cause buildup and can damage the chamber.

Replacement Schedule

Use this table as a reference for when to replace your CPAP supplies. Actual replacement timing may vary based on use, manufacturer guidelines, and insurance coverage.

Supply	Replace Every	Signs It's Time
Mask cushion / nasal pillows	1 month	Cracking, yellowing, poor seal, skin irritation
Full mask frame	3 months	Cracks, broken clips, poor fit despite new cushion
Headgear / straps	6 months	Stretched out, fraying, overtightening needed for seal
Tubing (standard)	3 months	Cracks, holes, discoloration, persistent odor
Heated tubing	3 months	Wire damage, uneven heating, condensation issues
Disposable filters (white)	2 per month	Visible discoloration or restricted airflow
Reusable filters (gray/foam)	6 months	Thinning, tears, won't come clean
Humidifier chamber	6 months	Mineral deposits, cracks, discoloration, pitting
Chin strap (if used)	6 months	Stretched elastic, poor fit
CPAP machine	5 years	Loud motor, inconsistent pressure, frequent errors

Insurance note: Most insurance plans cover replacement supplies on a set schedule. Contact your DME (Durable Medical Equipment) provider to check your coverage and eligibility dates.

Troubleshooting Common Issues

“Mask leaks despite being new”

→ Ensure correct size. Wash face before bed (oils reduce seal). Don't overtighten — a looser fit often seals better.

“Dry mouth or nose”

→ Increase humidifier setting. Use heated tubing if available. Consider a full-face mask or chin strap if you breathe through your mouth.

“Water in tubing (rainout)”

→ Increase heated tube temperature. Keep CPAP machine lower than your head. Insulate tubing with a cover.

“Skin irritation from mask”

→ Wash mask cushion daily. Replace cushion if worn. Try mask liners or barrier cream (CPAP-safe only). Check for latex allergy.

“Machine is louder than usual”

→ Check and replace filters. Ensure air intake is not blocked. Inspect tubing connections. Contact your provider if noise persists.

“Pressure feels too high or too low”

→ Do not adjust pressure yourself. Contact your sleep provider — they can review your data and adjust settings remotely in most cases.

When to Contact Your Provider

Reach out to your sleep care team if you experience any of the following:

- Your AHI (shown on your machine or app) is consistently above 5 despite regular use
- You are removing the mask during sleep without realizing it
- Persistent mask leaks despite proper fitting and new supplies
- Skin breakdown or sores from the mask
- New or worsening symptoms (excessive sleepiness, morning headaches)
- Machine displays error codes
- You've had significant weight change (may require pressure adjustment)
- You want to explore alternative treatment options

Remember: Your CPAP data matters. Most modern machines track usage, AHI, and leak rates. Share this data with your sleep provider at follow-up appointments.



About Better Sleep Project

Better Sleep Project provides evidence-based sleep education for patients. Our articles are based on published research from the American Academy of Sleep Medicine (AASM), the National Institutes of Health (NIH), and peer-reviewed sleep medicine journals.

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This guide is for general education only. It is not medical advice. Always follow the specific instructions from your CPAP equipment manufacturer and healthcare provider.

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