

THE DA CARE[™]

AT HOME

Helpful Tips for CPAP Users

- Sleep supplies need a new prescription from your physician yearly.
- Mask cushions can be replaced every 3 months.
- Tubing, mask, filters, and humidity chamber can be replaced every 6 months.
- Setup your CPAP machine at head or mattress level.
- Use a surge protector for wall outlets.
- Clean your humidity chamber, mask, headgear, and tubing twice weekly.
- Liquid Ivory Dish Soap is recommended for cleaning.
- Optional disinfecting can be done with:
 - 1 part white vinegar + 3 parts water for 30 min.
 - Rinse with fresh water and air dry.
- Check your filters bi-weekly.
- There is a two year warranty on the blower and humidifier.

Please call your Respiratory Therapist with questions or concerns.

Our ThedaCare At Home Sleep Line

Telephone number is 920-730-3532