

## Guidelines for CPAP/Bi-PAP Use

1. Clean nose area with mild soap and water before applying the mask.
2. Do not use oil or oil products in or around the nose when using CPAP/Bi-PAP.
3. Do not put machine on the floor. Put machine on a stand or box.
4. When travelling make sure to take extension cords, adapters to make a 3-pronged plug into a 2 pronged plug, and extra filter. Be sure to take as a carry-on luggage if flying, and if going to a different current, make sure to have the proper plugs and fuses. Depending on the brand of the machine, you may have to purchase a converter for overseas use.
5. If air is too cold:
  - i. Make sure machine is not near an open window
  - ii. Cover hose with a blanket.
6. If water collects in the tubing (noisy gurgling noise) you need to make sure that your hose is not exposed to cold air. Put your hose under your blanket.
7. If you feel that your mask has a lot of condensation, you need to lower the settings of your humidifier.
8. If you find your mask leaks, do not over tighten the mask because this might cause a sore in the bridge of your nose. You may need a different size or refit for another mask. Contact your Primary Care Physician to have a referral sent to the outpatient sleep department to have your mask refitted or to obtain a different brand of mask.
9. If you need CPAP/Bi-PAP replacement parts or have broken equipment issues please call our DME department at (408)361-2060 if you have Kaiser DME coverage. Otherwise, please contact your local vendor where you purchased your equipment.
10. The filter needs to be washed weekly (if sponge type). The allergy filters (white ones) need changing when dirty.

11. It is a good practice to change the water of your humidifier every night. CPAP manufactures recommends that you use distilled water so that your humidifier will not accumulate minerals.
  
12. Here are the general recommendations to clean your hose, mask and humidifier chamber:
  - a. Wash it with warm water and soap or mild detergent daily, and then rinse it thoroughly. Make sure that you dry the humidifier chamber and hose completely before use. You can hang your hose to dry. If you are suffering from a cold, it is important that you wash your mask between use.
  - b. Every week you need to clean your hose and humidifier chamber with 1 part vinegar to 5 parts water. Make sure that you rinse it thoroughly and hang to dry the hose.
  - c. Do not use bleach, alcohol, or cleaning solutions containing alcohol.
  - d. Do not use cleaners containing conditioners or moisturizers.
  - e. Inspect all parts for damage or wear; replace if necessary by contacting your DME (patients with DME coverage) or local vendor.
  
13. The headgear should be cleaned weekly by hand or machine wash in the gentle cycle. Lay the headgear flat or line dry. Do not place the headgear into the dryer.
  
14. It has been suggested that room temperatures should be 55 to 65 degrees. Sleep cool.