



## WHY US?

We are committed to meeting the needs of each patient with thorough evaluations, education and a dedication to excellence.

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 **The Respire Institute**  
PULMONARY & SLEEP MEDICINE

# CPAP Care Instructions

Regularly cleaning and replacing your CPAP supplies is crucial for your well-being, ensuring your health and comfort while also extending the life of your CPAP machine and equipment.

## About CPAP

Continuous Positive Airway Pressure (CPAP) and Bilevel Positive Airway Pressure (BiPAP) machines are a standard treatment for Obstructive Sleep Apnea.

## Compliance Requirements

Your CPAP Machine keeps track of your sleep data. This information is shared with your doctor and/or insurance company to make sure you're using the machine as recommended. The success of your CPAP Therapy is measured by your device usage, sleep duration, Apnea-Hypopnea Index (AHI), and leak rate.



## Ways to ensure you are staying compliant with your CPAP machine:

### Use your CPAP regularly

Usage data will be collected to verify that you are using the PAP  $\geq 4$  hours per night during a consecutive 30-day period anytime during the first 3 months of initial usage.

### Attend regular follow-up visits with your doctor

On/after the 31st day and by the 90th day of initiating therapy, you must see your sleep physician who will evaluate your progress with your PAP unit.

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Failure to comply with the above therapy requirements will result in discontinuation of service for PAP and supplies. If you are under a rental plan your insurance will no longer cover your PAP device and financial responsibility will be transferred to you, the patient.

# CPAP & Supply Replacement Program

Most Insurance companies allow patients to receive a 3 month's supply order at a time. Some insurances may require a new sleep study or physician encounter for device replacement.

## Every month:

- Nasal Pillows/Nasal Cushions
- Full Face Cushion
- Disposable Filter

## Every 3 months

- Mask (without headgear)

## Every 6 months:

- Mask (with headgear)
- Heated Tubing
- Water Chamber/Tub for humidifier\*
- Chin Strap
- Non-Disposable Filter

## Every 5 years:

- New CPAP/BIPAP Unit or Device

\* Empty and remove all water before transporting your CPAP

# Additional CPAP accessories & supplies

At The Respire Institute, we offer a range of CPAP accessories available for purchase, providing you with options to enhance your experience.



## CPAP Mask Cleaning Wipes

Our mask wipes effectively remove dirt and oils, preventing organic build-up. Crafted from 100% cotton, they offer high absorbency and are safe for daily use.

## Memory Foam CPAP Pillow

The Best Rest Foam CPAP Pillow contours to your CPAP mask, ensuring a comfortable and restful night's sleep.



Inquire with our sleep and DME center for further details.

# Equipment Maintenance

## CPAP/BiPAP/Auto CPAP Machine:

- Unplug from electrical source.
- Wipe down with a clean cloth; do not submerge in water or place near sink.
- Inspect and replace broken power cord if necessary.

## Heated Humidifier:

- Empty any remaining water.
- Wipe burner plate with damp cloth
- Clean water chamber daily

## Water Chamber and Tubing:

**ONLY** fill the water chamber with clean, distilled water before use.

- Prepare cleaning solution: Warm water, soap, and 1 Tbsp. of white vinegar in a large container.
- Submerge tubing and plastic mask components and the water chamber for 10 minutes.
- Rinse everything thoroughly with water and air dry.

## Mask Cleaning:

- Disconnect mask from tubing and remove headgear.
- Gently wash all mask parts with mild unscented liquid soap and warm water using a clean cloth.
- Alternatively, use mask cleaning wipes for convenience.

## Filters:

### Disposable Ultra Fine Filters

- Replace biweekly/monthly, do not wash.

### Non-Disposable Filters

- Wash weekly with warm soapy water.
- Rinse thoroughly to remove all soap.
- Air-dry before replacing in unit.

**DO NOT USE BLEACH OR ANY DISINFECTING** wipes as they may damage the mask or leave harmful residues. These solutions may cause irritation to your skin and lungs as well as reduce the life of your products.