

# Your CPAP cleaning routine

Ten seconds each morning keeps the cushion sealing. Keep this card by the bed with your PureWipe tub.



## EVERY MORNING

### Wipe with PureWipe



#### Mask cushion

Both faces of the seal, straight after use.



#### Mask frame and elbow

Every morning, or at least once a week.



## ONCE A WEEK

### Wipe with PureWipe



#### Humidifier chamber, outside

Wash the inside as the manufacturer sets out.



#### Air tubing, outside

The inside needs a brush or a soak.



#### Device exterior and screen

Keep clear of the air inlet and outlet.



## ON THE WEEKLY WASH

### Not for wipes



#### Headgear and fabric parts

Hand wash to the mask instructions.



#### Inside of the air tubing

Clean with a tube brush or a soak.



#### Full mask, chamber and tubing

Warm soapy water, on the cycle your manufacturer sets.

## WHY EVERY MORNING

Skin oil and sweat build a film on the cushion every night. It softens the silicone, breaks the seal and starts the leak that wakes you. A daily wipe stops it building up.

## ◆ Four-week tracker

|        | Mon                      | Tue                      | Wed                      | Thu                      | Fri                      | Sat                      | Sun                      | Weekly wipe              | Weekly wash              |
|--------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Week 1 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Week 2 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Week 3 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Week 4 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |



This routine sits alongside the cleaning instructions from your mask and device manufacturers, not in place of them. PureWipe is a cleaning wipe, not a disinfectant. Do not flush used wipes.



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