

MIDWEST

respiratory & rehab

REASONS TO REPLACE YOUR CPAP SUPPLIES

1. CPAP Supplies are Disposable

Your CPAP mask, headgear, and tubing aren't meant to last! Most common CPAP masks are made of plastic and silicone and the headgear is made from neoprene. All of these materials begin to break down with frequent use. Replacements are expected.

2. Cushions Lose Their Seal Over Time

If you have to continually tighten and over tighten the headgear to maintain a seal with your mask, it will not fit comfortably and you can actually harm yourself in the process. If red skin sores appear and become more prominent, it is time to replace the mask and headgear.

3. Bacteria!

This becomes more difficult to eliminate as a mask ages. The masks and the tubing need to be cleaned regularly with mild soapy water and left to dry out of direct sunlight, or bacteria will grow. Studies demonstrate that after 1 year of use, no amount of cleaning can eliminate all bacterial growth. The amount of bacteria increases linearly with age. So, the older the mask, the more bacteria in the mask, the tubing, and, potentially, in YOU.

4. Dirty Filters Damage CPAP Machines

The filters in a CPAP machine need to be replaced regularly. If dust and other contaminants build up, they cause the CPAP machine to overheat and, in time, damage the motor.

5. Sun Damage Takes its Toll

Direct sunlight will damage the material in the mask, tubing, and CPAP machines. All CPAP equipment and supplies should be stored out of direct sunlight. Daily exposure to direct sunlight will speed up the breakdown of the equipment, just like your own skin.