

MASK CLEANING INSTRUCTIONS

The Sleep Diagnostic & Treatment Center encourages patients to bring their own masks for use during their CPAP sleep study.

For hygienic and safety purposes, the below instructions must be followed on the day of your sleep study. These steps must be followed even if you use an automated CPAP machine cleaner.

1. The CPAP mask should be thoroughly washed at home with mild soapy water. The mask and straps should be washed on the inside and outside surfaces.
2. The mask should then be rinsed and air dried.
3. The mask should be stored in a clean paper bag and brought to the sleep center in the paper bag.
4. Upon arrival to the sleep center, the sleep technician will wipe the mask with a nontoxic disinfectant which is 99.9% germicidal.
5. Upon completion of your sleep study, the mask will be replaced in the paper bag for transport home.
6. Thank you for your cooperation.