



Cleaning Instructions

Before using your new mask and tubing it is recommended that you soak both items in warm, soapy water for 1 hour, then rinse thoroughly. If your skin is sensitive, wash your mask with whatever soap you would normally use to wash your face. Also, wash your face each night before putting your mask on.

EVERY DAY:

Wipe off mask cushion (whatever touches your face) with clean damp cloth. Use a mild detergent if needed (non anti-bacterial soaps are best- Dove, Ivory or Joy dish soap).

Empty humidifier water chamber and refill with **distilled water**.

WEEKLY:

Soak **mask, tubing and humidifier water chamber** in warm soapy water, rinse thoroughly and let air dry. Wash mask's straps when necessary.

EVERY-OTHER-WEEK:

After washing with soap and water, soak **mask, tubing and humidifier water chamber** in a 1:3 solution of white vinegar and water- 1 cup white vinegar, 3 cups water. Rinse thoroughly and let air dry.

Check filter strips monthly or more often if necessary. Wash non-disposable filter monthly- be sure filter is completely dry before placing back in unit. Replace disposable filters when they become noticeably dirty, about 3-6 months.

Never use bleach, chlorine, or alcohol to wash your equipment.

Masks and tubing are subject to normal wear. Most insurances will replace a mask and tubing every **6 months**. Please call **Whitney Sleep Center at 763-519-0634** to reorder.