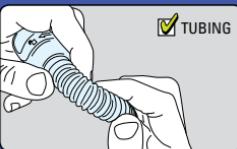
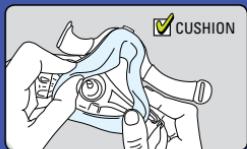


# Inspect these 3 points monthly.



**Peel here** (Recommended locations: nightstand, bedside table, bathroom mirror or refrigerator)



**Peel here** (Adhere to your CPAP machine)

Use these guidelines to help you inspect, assess and replace your CPAP supplies. Ask your supplier how.

## EVERY 1 MONTH

### Mask cushions and pillows

- Have the edges of your cushion or pillows become stiff or cracked?
- Has your cushion changed color?
- Are you experiencing discomfort, redness or skin irritation?

### Machine filters

- Does your filter show signs of wear such as discoloration, holes or tears?

## EVERY 3 MONTHS

### Mask (excludes headgear)

- Are you experiencing excessive leaks?

### Tubing (standard or heated)

- Has your tubing begun to change to an opaque color?
- Has your tubing developed tears?

## EVERY 6 MONTHS

### Headgear and chin strap

- Has your headgear stretched?
- Do you find that you are over-tightening to avoid leaks?

### Humidifier water chamber

- Has the water chamber become discolored or cloudy?
- Do you see any cracks or pitted areas?

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