



Replacing your CPAP  
supplies for a better  
night's sleep



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# How to inspect your CPAP equipment

With nightly use, the components of your CPAP equipment can wear out, which can make your therapy less effective. Inspecting your equipment each week can help you assess when components need to be replaced.

Here are things to look for when inspecting your equipment:



- Check your **mask cushion or nasal pillows** for cracks, tears or discoloration. **Mask cushions** collect oil and bacteria, even with daily cleaning. This can lead to air leaks and facial irritation.



- Check **air tubing** for small holes or tears, which may cause air leaks and prevent you from receiving your prescribed therapy setting.



- Look for overstretching in the **headgear**, which can lose its elasticity. It can also collect bacteria from sweat and moisture.

- Look for discoloration from **machine filters**, which may wear out or become clogged. This can limit protection against airborne particles, dust, pet fur and bacteria in your therapy airflow.
- Check **humidifier water chambers** for discoloration, cracks, cloudiness or pits. As the plastic deteriorates, cracks may trap bacteria from moisture.

Please refer to your device user guide for specific instructions.



# Sleep more. Do more.

The benefits of sleep apnea therapy can help you feel more alert and energized to do the things you love to do.

## Keep your therapy effective

You can continue to enjoy all the benefits of sleep apnea therapy night after night by regularly replacing the components of your CPAP system, such as the mask cushions and air tubing. In fact, in a recent study, 6 in 10 CPAP users said they slept better after replacing their supplies.<sup>1</sup> And study participants who frequently replenished their supplies increased the number of hours they slept by 24%.<sup>2</sup>



## How to replace your supplies

Your CPAP equipment provider can help you regularly replace your supplies. Ask your provider which of these services they offer and how to get started:



Reminder programs to help you stay on track with your replacement schedule



Convenient home delivery



Personalized resupply plan



Insurance forms filed on your behalf

# Is it time to replace?

Below are some general guidelines for when to replace the different components of your sleep therapy system. Insurance coverage may vary, so ask your equipment provider when you are eligible to be reimbursed for new supplies.\*

## Every 14 days

Date: \_\_\_\_\_



Disposable air filters



Nasal mask cushions  
and nasal pillows



## Monthly

Date: \_\_\_\_\_



Full face mask cushions

## Every 3 months

Date: \_\_\_\_\_



Mask frame systems



Air tubing

## Every 6 months

Date: \_\_\_\_\_



Headgear



Humidifier water chamber

\* Co-pays, deductibles and co-insurance may apply



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## Staying on track

Sleep apnea therapy can not only help you feel more alert and awake each day, but it can have long-term health benefits. In addition to regularly replacing your CPAP supplies, here are some tips to help keep you on track with your therapy:

- Make sure your mask fits properly each time you wear it.
- Practice using your CPAP machine and mask while watching TV or reading to get used to the air pressure.
- Regularly clean all of your CPAP supplies to help keep therapy comfortable and effective.
- Start out slowly and try to increase your therapy use by 30 minutes each night.
- Keep a journal of your progress.
- Ask close friends and family for support and encouragement.
- Talk to your equipment provider or your doctor about any issues.

Visit [ResMed.com/register](https://www.ResMed.com/register)  
to stay on track with your therapy.

1 Survey conducted for ResMed by third party market research firm (June 2013 & April 2015). Frequent resuppliers are defined as: those who receive replacement masks or parts for their mask at least every 3 months.

2 Benjafield A et al., "Positive airway pressure (PAP) therapy compliance on a resupply program: A retrospective analysis," *American Journal of Respiratory and Critical Care Medicine* (April 2018): 197.

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