

# Guidelines for PAP supply replacement



Your positive airway pressure (PAP) equipment is an important investment in your sleep health. Your system will work best with proper maintenance, which involves the replacement of certain parts at certain times. By replacing your PAP supplies, you ensure a comfortable, proper fit and maximum effectiveness. By performing routine supply replacement and routine care, most patients report a much more comfortable and better night's sleep. Your PAP device is the cornerstone of a new and improved period in your overall health and well-being that only quality sleep can provide.

Below are recommended supply replacement time intervals for your PAP equipment. The amount your insurance will pay will vary depending upon your coverage, your deductible and other factors. We recommend that you contact your insurance company to determine your benefits.

## Filters

Recommended replacement period is every two weeks

- Continuous positive airway pressure (CPAP) device air filters will wear out or become clogged over time, potentially causing equipment failure and exposing you to airborne particles, mold and bacteria.
- Visual inspection of the filter should occur monthly and replacement is indicated when there is visual discoloring or clogging.
- We recommend regular replacement for hygienic purposes and to ensure safe operation.



## Nasal mask and pillow

Recommended replacement period is every two weeks



- Mask cushions are in constant contact with your face and nasal pillows sit inside your nose throughout the night.
- Cushion wear is indicated when more-frequent leaking occurs that requires advancing headgear tension.
- We recommend regular replacement for hygienic purposes and to ensure the best fit.

## Full-face mask

Recommended replacement period is every month



- Full-face mask cushions cover more surface area of your face and will begin to show wear from body oils and cleaning agents.
- Cushion wear is indicated when more-frequent leaking occurs that requires advancing headgear tension.
- We recommend regular replacement for hygienic purposes and to ensure the best fit.



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Learn more at [iuhealth.org/cpap](http://iuhealth.org/cpap)

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## Frame system

Recommended replacement period is every three months

- Mask frame systems are comprised of the mask frame and cushion. Due to being in close proximity to the face during treatment, frames should be regularly replaced. Frame wear is indicated when the cushion does not stay in place or excessive leaking occurs.
- We recommend regular replacement for hygienic purposes and to ensure the best fit.

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## Tubing

Recommended replacement period is every three months

- CPAP mask tubing may develop small holes, loose fittings and tears, which can cause air leaks.
- Tubing leaks can lead to you not reaching your treatment goals, leading to a return of your symptoms.
- We recommend regular replacement for hygienic purposes and to ensure the best fit.

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## Headgear

Recommended replacement period is every six months

- CPAP mask headgear and chin straps may become stretched and lose their elasticity, leading to over-tightening and discomfort. They can also trap bacteria from sweat and moisture.
- We recommend regular replacement for hygienic purposes and to ensure the best fit.

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## Humidifier water chamber

Recommended replacement period is every six months

- CPAP humidifier water chambers may become discolored, cracked, cloudy or even pitted. As the material deteriorates, cracks may trap bacteria from moisture.
- Use of distilled water is recommended to enhance product usage.
- We recommend regular replacement for hygienic purposes and to ensure the best fit.

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When your CPAP equipment is working optimally, you'll be able to tell the difference.

### For questions or to place a supply order:

- Call **317.820.2330**
- Order online: [portal.snapworx.com](http://portal.snapworx.com)

### To schedule an appointment or for questions about your therapy:

- Call IU Health Sleep Apnea Education Center: **888.802.9791**



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