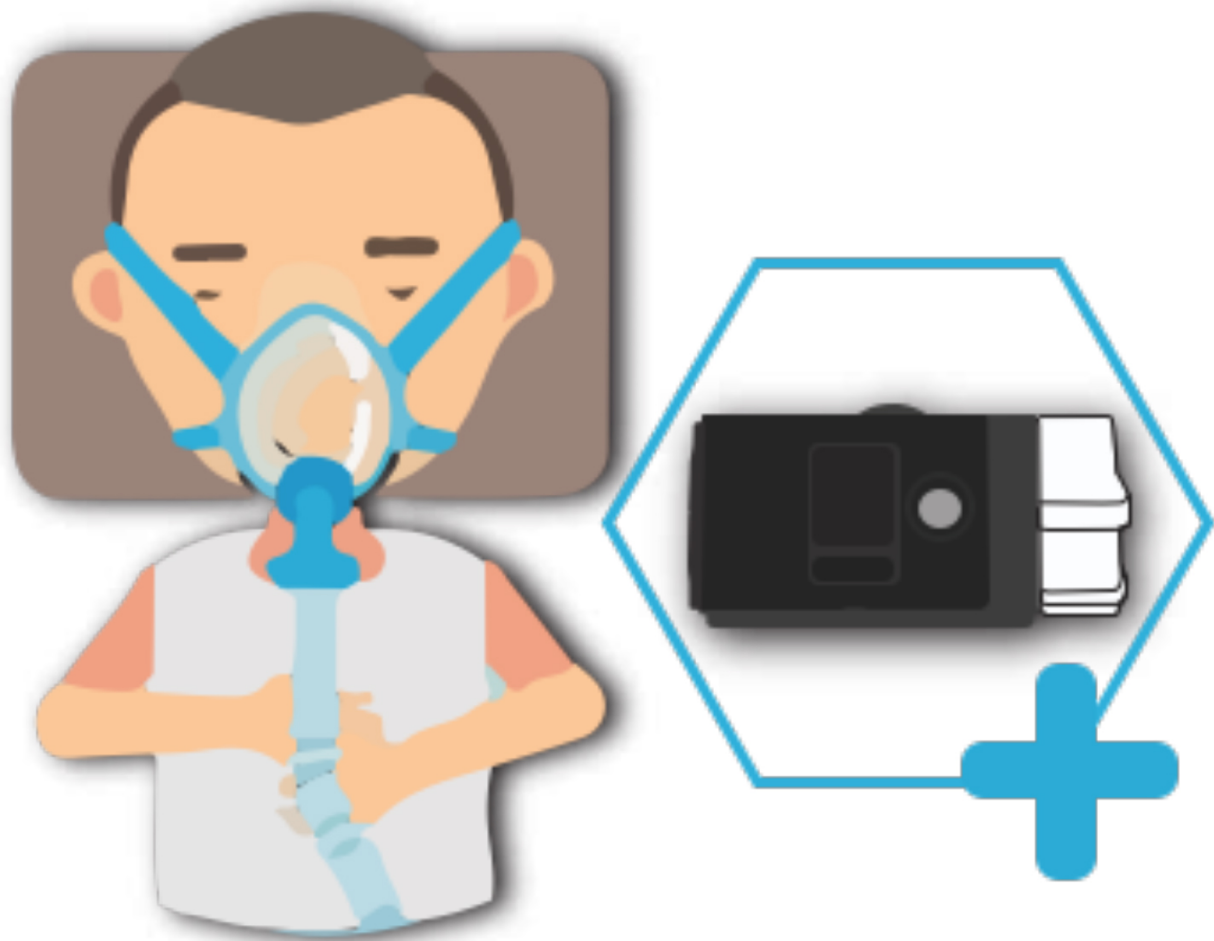


EVERYTHING YOU NEED TO KNOW ABOUT YOUR CPAP MAINTENANCE



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WHY

should you be concerned regarding the cleanliness of your machine and accessories?

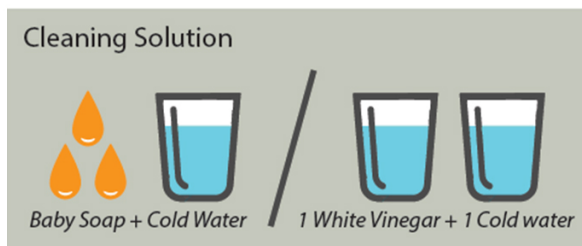
Cleaning can help to avoid potential dangers and problems, including:

- Bacteria exposure
- Mold exposure
- Allergy symptoms
- Possible increased risk for respiratory infections
- Musty or foul odor
- Mineralization within the equipment
- Premature equipment breakdown
- Voiding the device warranty

What do the experts recommend?

A Step-by-Step Maintenance Guides

Mask Cushion:



1. Wash your mask cushion **after each use**.
2. Dilute 3 drops of **baby wash** in cold water OR use 1:1 ratio of **white vinegar and water**.
3. Soak the cushion into the solution for 5 minutes.
4. Remove the cushion and rinse it with cold running water for 2 minutes.
5. Let it dry.
6. Keep away from direct sun light.
7. Can be replaced **after a year** or until it is worn out.

* Materials used in the manufacture of masks age prematurely when they are treated with **stronger cleaners**. In isolated cases it may therefore be necessary to replace your mask earlier.

Humidifier:



1. Wash your humidifier's water chamber with warm water and mild soap **once a week**.
2. If there are *white/brown residues* (hardened minerals) on the metal part of the humidifier, you can brush it with soap and water.
3. Let it air dry.

Machine:



1. Keep the machine away from direct sun light.
2. Ensure the back of machine is at least a feet away from any obstacles.
3. Ensure machine is unplugged when cleaning to avoid danger of electric shock.
4. Take a soft cloth and wet it with warm water. Gently wipe down the external surface of the CPAP machine to remove dust.
5. If using a **fine filter** (Somnobalance E)/ Pollen filter (Prisma 20A), change the filter **once a month**.
6. Wash the **coarse filter** (Somnobalance E)/Air filter (Prisma 20A) **once a month**. Let it air dry.
7. Change the coarse filter to a new one **every 6 months**.
8. **During the warranty period of 2 years**, send the machine for servicing every once a year.
9. **After the warranty period** send the machine for **servicing once a year**.

Mask Head strap:



1. Wash your head strap by hand in warm water and mild detergent **once a week**.
2. Hang and let it dry.
3. Keep away from direct sunlight.
4. Can be replaced **after a year** or until it is worn out.
5. Keep from pulling strongly or twisting the clip part to avoid damage.

Tubing:



1. You can swish soapy water through your tubing with cold running water and mild detergent or soap **once every two weeks**.
2. Let it dry.
3. Keep away from direct sun light.

Additional Tips for Optimal CPAP Use

- a. If you are using nasal masks or nasal pillows, do not use the machine when your nose is blocked from colds, injury etc. You can continue using once blocked nose is resolved.
- b. If you have been sick recently, clean your equipment more often.
- c. If you feel any high leakage around your mask, try readjusting the mask itself first. If leakage is persistent, try tightening the strap. Please note that the air coming out from the front part of your mask (exhalation port) is normal, and is not considered a leakage.
- d. It is not advisable to clean your equipment in a dishwasher or washing machine as it could become damaged.
- e. When bringing your machine to travel, make sure to empty the water chamber first.
- f. You can continue taking your maintenance medications while using the machine, unless your physician advised otherwise.
- g. Try to use your CPAP throughout the night, or at least 4 hours a night. This will help you get used to it quicker, plus you will get the most benefit from CPAP like lowered AHI levels and eventually more refreshing sleep.

Do you still have a lot of questions about OSA and CPAP? Are you having problems with your CPAP that cannot be resolved via phone call? You can do a Virtual Consultation with our friendly Clinical Application Specialists through an online meeting platform. Just scan the QR code below and you'll be linked to The Air Station website for you to book a Virtual Consultation appointment!

How to scan a QR code?



1. Open the Camera App or download a QR Scanner App.
2. Select the rear facing camera. Hold your device so that the QR code appears in the view finder in the Camera app. Your device recognizes the QR code and shows a notification.
3. Tap the notification to open the link associated with the QR code.

Problem scanning?

If you can't scan the QR code provided or unable to find the option to view QR details during the scanning, make sure to enable or turn on the 'Scan QR code'

1. Go to Settings.
2. Tap on camera.
3. Toggle to enable Scan QR codes

**Virtual Consultation comes with minimal charges.*

Your next servicing is scheduled on: _____

Your machine is entitled to a 2 year warranty from:

_____ **TO** _____

**During the 2 year warranty period, please send your machine for servicing every once a year.*