

Sleep Centre

CPAP Maintenance



Clinical Sites:



Singapore
General Hospital
SingHealth



Changi
General Hospital
SingHealth



Sengkang
General Hospital
SingHealth



KK Women's and
Children's Hospital
SingHealth

CPAP Troubleshooting

Problem	Suggestions
Nasal & oral discomfort <ul style="list-style-type: none">• Dryness / open mouth• Vasomotor rhinitis (VMR)	<p>The use of a heated humidifier will relieve dryness by delivering warm moist air.</p> <p>A chin strap may help with keeping your mouth closed.</p> <p>Consult your doctor about using decongestants or corticosteroid nasal sprays in cases of VMR.</p>
Eye, nose bridge and skin irritations	<p>A mask that is excessively tightened can cause all of these irritations. They can be relieved by loosening the mask straps, but they should not be so loose that air leaks into your eyes or mouth.</p> <p>A mask that seals poorly may need to be replaced. Make sure your mask is properly sized by professionals before purchasing.</p>
Inability to tolerate CPAP therapy	<p>CPAP therapy requires patience. If you are unable to fall asleep with CPAP, you may consider using it when you are very tired or for a short period of time during the day to get accustomed to it. Increase the duration of use over time until you are comfortable using it for longer periods of time.</p> <p>Inadequate or excessive pressure on the PAP settings may also lead to discomfort with CPAP or recurrent awakenings. It is also possible to adjust the ramp or settling time in the machine. If you require assistance with this adjustment, please contact the Sleep Centre or CPAP vendor.</p>

Tips for Optimal CPAP Usage

- If you are using a nasal or nasal pillow mask, the use of CPAP when your nose is blocked can be uncomfortable. If the nasal congestion is temporary (e.g., due to a cold), the use of oral or topical decongestants for a short duration should improve comfort.
- Patients who experience persistent or recurrent nose blockage should consult an ear, nose and throat (ENT) doctor for further evaluation.
- If there is any air leakage around your mask, try readjusting the mask or tightening the strap. Air coming out from the front part of the mask (exhalation port) is normal and not considered a leakage.
- Try to increase your CPAP usage gradually if you are unable to get used to the therapy initially. This will allow you to become accustomed to it more quickly, helping you achieve lower Apnoea Hypopnoea Index (AHI) levels and better sleep quality.




Maintenance of CPAP Accessories

Keeping your equipment clean (e.g., mask, headgear, tubing and humidifier chamber) is important for maintaining good hygiene.

The dangers of not cleaning your CPAP equipment include:

- Bacteria and mold exposure
- Musty or foul odour
- Mineralisation within equipment
- Premature equipment breakdown
- Allergy symptoms
- Increased risk of sinus infections and pneumonia
- Voiding of device warranty

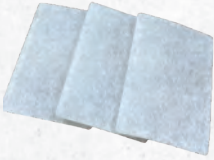
General CPAP Maintenance Guidelines

Equipment	Guidelines
<p data-bbox="90 233 250 260">CPAP mask</p> 	<ul data-bbox="396 233 1031 517" style="list-style-type: none">• Hand-wash the mask / mask cushion daily and the head strap weekly with mild soap and lukewarm water.• Rinse well and air-dry away from direct sunlight.• Mask / mask cushion can be replaced after a year or when it is worn out.
<p data-bbox="90 588 295 616">CPAP machine</p> 	<ul data-bbox="396 588 1020 879" style="list-style-type: none">• Send the CPAP machine for servicing yearly (contact your vendor) to ensure proper functioning.• Keep the machine away from direct sunlight or any obstacles.• Gently wipe down the external surface of the machine with a damp cloth to remove dust.
<p data-bbox="90 951 241 978">Humidifier</p> 	<ul data-bbox="396 951 1020 1291" style="list-style-type: none">• Use cooled boiled water or distilled water for the humidifier chamber.• Empty any remaining water in the chamber before adding in new water.• Clean the chamber with mild soap and water weekly. Brush off the metal part of the humidifier if there is residue.• Rinse well and let it air-dry.

Equipment

Guidelines

Filters



- Filters should be changed approximately every 4 to 6 months.
- If using fine filters, change them once a month.
- If using coarse filters, wash them once a month and let them air-dry. Change the coarse filter once every 6 months.

Tubing



- Wash the tubing once every 2 weeks with mild soap and water.
- Hang the tubing away from direct sunlight to air-dry.

*If in doubt, please refer to the product user manual as each mask or CPAP accessory may require different maintenance practices.

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Singapore General Hospital
SingHealth

Sleep Centre

Outram Community Hospital
SingHealth Tower, Level 3

-  10 Hospital Boulevard, Singapore 168582
-  6321 4377
-  www.sgh.com.sg



Changi General Hospital
SingHealth

Changi Sleep & Assisted Ventilation Centre

Medical Centre, Level 2

Sleep Laboratory

Integrated Building, Level 8, Ward 58




-  2 Simei Street 3, Singapore 529889
-  6850 3333
-  www.cgh.com.sg



Sengkang General Hospital
SingHealth

Sleep Medicine Service - Sleep Diagnostics

Medical Centre, Level 6




-  110 Sengkang East Way, Singapore 544886
-  6930 6000
-  www.skh.com.sg



KK Women's and Children's Hospital
SingHealth

Sleep Clinic

Children's Tower, Level 1, Specialist Outpatient Clinic K

-  100 Bukit Timah Road, Singapore 229899
-  6294 4050
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