

**Mask** 6 to 12 Months

- The material of the mask loses elasticity over time, causing air to leak.
- Masks should be washed daily with warm water and gentle soap or baby shampoo. Let the mask air dry.

**Cushion** 3 to 6 Months

- Cushions break down and lose seal over time.
- Frequent cleanings with proper disinfectants like Control III will increase the life of your cushion.

**Headgear** 6 to 9 Months

- Over time headgear stretches out requiring over tightening to keep your mask in place.
- The more you wash headgear the more quickly the elastic wears out.

**Tubing** 12 Months

- Detach your hose by pulling on the rubber end, not the actual tubing to prevent wear to the cusp.
- Mineral deposits build up over time and compromise air quality and delivery.

**Humidifier Chamber** 6 to 12 Months

- Mineral deposit built up in your humidifier can be unsanitary and irritating to your sinuses.
- Using distilled water and emptying your chamber each morning will increase the life of your chamber.

**Reusable Filter** 6 Months

- Reusable filters are meant to be rinsed and reused, but not for longer than six months.
- New filters mean cleaner, higher quality air intake.

**Disposable Filter** 1 Month

- Fine filters can't be washed, only replaced.
- Since these filters catch fine particles, they must be changed frequently.