



## Sleep supplies replacement schedule:

Timing	Sleep supply	Reason to replace regularly
<b>Twice Monthly</b>	Nasal mask cushions & nasal pillows (including oral/nasal combos) 	Cushions/pillows degrade. Replace them for cleanliness, and to keep a good seal and fit.
	Disposable filters 	Filters can wear out or clog if not replaced, and can expose you to dust, mold, and germs.
<b>Each Month</b>	Full-face mask cushions 	Cushions degrade. Replace them monthly to keep a good seal and comfortable fit.
<b>Every 3 Months</b>	Mask frame (excludes headgear) 	Frames break down over time, which affects the fit and therapy.
	Tubing (standard or heated) 	Tubes wear down and can start leaking, which decreases therapy effectiveness.
<b>Every 6 Months</b>	Headgear and chin straps 	Straps stretch out, losing elasticity — resulting in over-tightening. They can also hold germs.
	Humidifier water chamber 	Chambers age, crack, and can grow bacteria or mold.
	Non-disposable filters 	Non-disposable filters wear out or clog if not replaced, and can hold dust, mold, and germs.