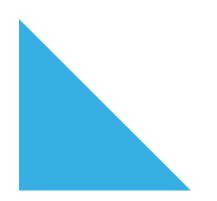
### BEST PRACTICES FOR KEEPING YOUR CPAP FREE OF GERMS AND BACTERIA

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## CAN A DIRTY CPAP MAKE YOU SICK?







#### **CAN A DIRTY CPAP MAKE YOU SICK?**



### **MICROBES TABLE RELATING TO NCBI ARTICLE:**



## IS ONCE A WEEK CLEANING GOOD ENOUGH?



#### **CPAP MANUFACTURER'S GUIDELINES (RESMED)**

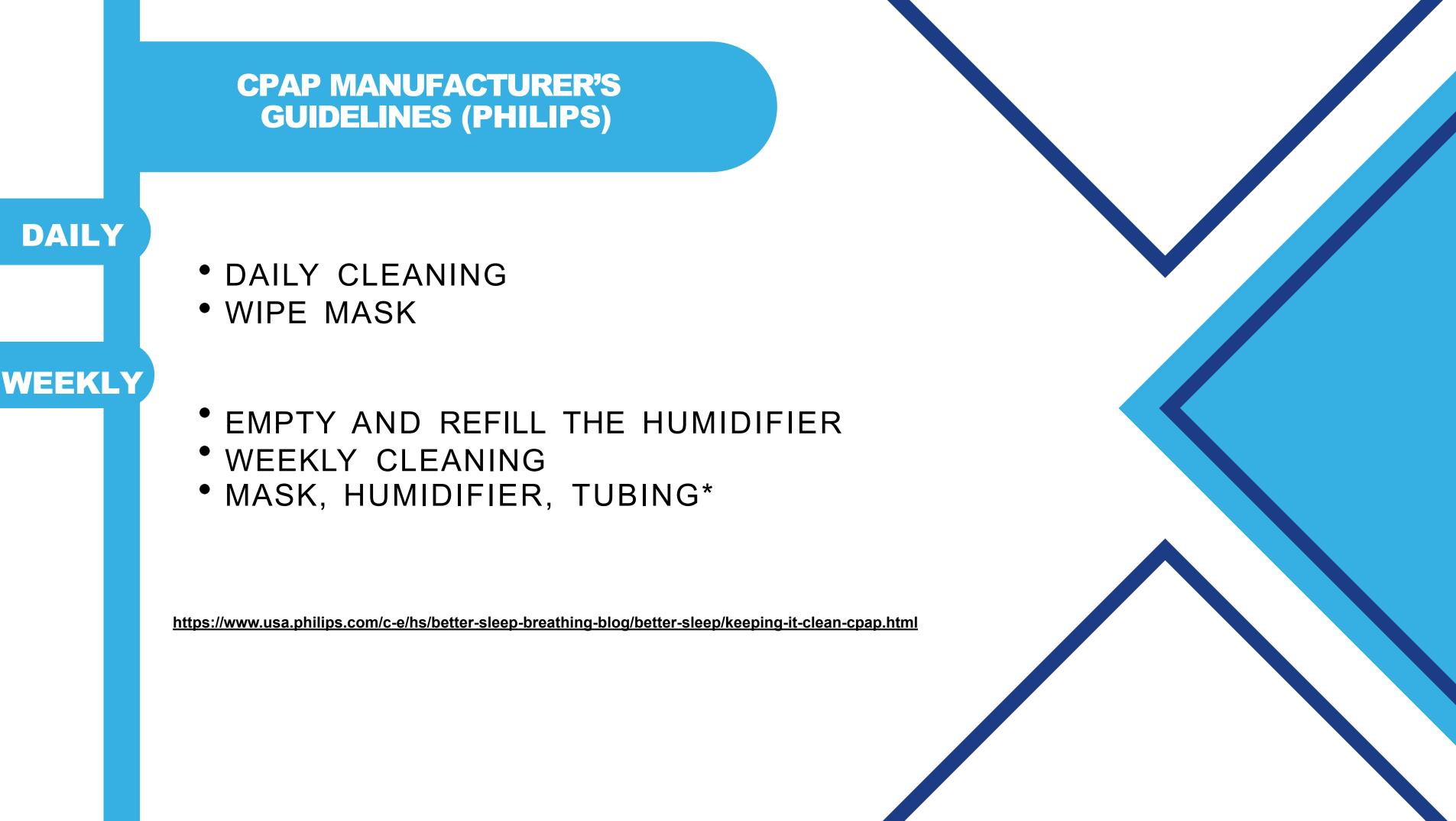
#### DAILY

WEEKLY

- MASK
- CUSHION
- MASK FRAME SYSTEM
- MASK HEADGEAR
- AIR TUBING

https://www.resmed.com/en-us/sleep-apnea/cpap-parts-support/cleaning-cpap-equipment/





## WIPES, SPRAYS, AND TABLETS





#### resplabs

3 minute cpap cushion cleanser

#### cpaptabs" daily cpap cushion cleanser tablets

Use with nasal pillows nasal or full face cpap cushions.

## WIPES, SPRAYS, AND TABLETS

## **. UNPROVEN CLAIMS** • PRODUCT DEGRADATION PATIENT IRRITATION BIO-REDUCTION **ODORS FDA APPROVED METHODS**

## **TYPES OF CPAP "CLEANERS"**







### OZONE IN A BOX OZONE IN A BAG

QUARTZ BULB **UVC DEVICES** 





### LED UVC DEVICES

## **OZONE APPLICATIONS**

- **.** EFFECTIVE IN KILLING GERMS **DEPENDING ON**
- CONCENTRATION OF OZONE CAUSES IRRITATION WITH
- PATIENTS

HOUSINGS

**DISCOLORS MASKS** 



DEGRADATION OF FOAM IN MASKS AND CPAP MOTOR

**VOIDS CPAP WARRANTIES** 

## **UVC APPLICATIONS** (QUARTZ BULB)

- SPRAY AND PRAY **SHORTER CYCLE TIMES**
- CAN BURN FOAM
- **DISCOLORS MASK**
- **ODOR**
- PRODUCT DEGRADATION



## **UVC APPLICATIONS (LED)**

- **.** SHORTER CYCLE TIMES
- **TARGETED BY DESIGN**
- NO ODOR
- **NO DEGRADATION**
- NO VOIDED WARRANTY
- LOW TEMPERATURE
- MULTI PURPOSE FOR PERSONAL
- ITEMS

SOME LED DEVICES HAVE

 DRYERS INCLUDED SO BACTERIA DOESN'T GROW



## OPINION: BEST PRACTICES FOR KEEPING YOUR CPAP FREE OF GERMS AND BACTERIA

- FOLLOW MANUFACTURER'S GUIDELINES
- REMOVE SOIL FROM MASK DAILY
- AUGMENT DAILY CLEANING WITH DISINFECTIONUSING UVC LEDS

## **CLEAN = COMPLIANT**

## GUIDELINES DAILY WITH EDS



# OPEN DISCUSSION

THANK YOU!

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