



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

**JIM GILKISON**  
**VICE PRESIDENT OF SALES**  
**LIVILITI HEALTH PRODUCTS**  
**JIM@LIVILITI.COM**



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



# HANDOUTS

**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

- MASK
- CUSHION

WEEKLY

- MASK FRAME SYSTEM
- MASK HEADGEAR
- AIR TUBING

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

## CPAP MANUFACTURER'S GUIDELINES (PHILIPS)

### DAILY

- DAILY CLEANING
- WIPE MASK

### WEEKLY

- EMPTY AND REFILL THE HUMIDIFIER
- WEEKLY CLEANING
- MASK, HUMIDIFIER, TUBING\*

<https://www.usa.philips.com/c-e/hs/better-sleep-breathing-blog/better-sleep/keeping-it-clean-cpap.html>



# WIPES, SPRAYS, AND TABLETS



# **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
- DISCOLORS MASKS
- DEGRADATION OF FOAM IN  
MASKS AND CPAP MOTOR  
HOUSINGS
- 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  
DISINFECTION USING UVC LEDS

**CLEAN = COMPLIANT**

**OPEN  
DISCUSSION**

**THANK YOU!**

**JIM GILKISON**

**VICE PRESIDENT OF SALES**

**LIVILITI HEALTH PRODUCTS**

**JIM@LIVILITI.COM**