

Sleep supplies replacement schedule for optimal therapy**

Timing	Sleep supply	Reason to replace regularly
Twice Monthly	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.
Once Monthly	Full-face mask cushions 	Cushions degrade. Replace them monthly to keep a good seal and comfortable fit.
Every 3 Months	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.
Every 6 Months	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.

**Frequency of resupply and your insurance's coverage of supplies is dependent on your insurance's coverage requirements.

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