

Replacing your mask cushions and other supplies on a regular basis is important for hygiene, and to ensure that your therapy is as clean, comfortable, and effective as possible. Below is the replacement schedule that is followed by most insurance providers.

Every 14 days

NASAL MASK CUSHION



NASAL PILLOWS MASK CUSHION



AIR FILTERS



Every month

FULL FACE MASK CUSHION



Every 3 months

MASK FRAME



Frame systems are near your face and should be replaced regularly to keep therapy effective and hygienic.

Every 6 months

MASK HEADGEAR



TUBING



HUMIDIFIER WATER TUB



Headgear can become stretched out and lose elasticity with regular use, which can lead to over-tightening and discomfort. Bacteria from sweat and moisture can also build up over time. Tubing can develop small holes or tears over time which can cause air leaks. Tubs can become discolored, cloudy, pitted, or cracked which can trap bacteria.

Mask supplies replacement tips

If you are experiencing any of the following issues it may be an indication that your equipment needs to be replaced.

- You are having to tighten the headgear straps often.
 - The headgear has lost its spring.
- Your therapy feels less effective than usual.
- The cushion is still slippery, even after being cleaned.

Insurance coverage tip

Before ordering any supplies or replacements, we recommend contacting your insurance provider to make sure the parts you need are covered under your plan.

If you have questions, please call Sleep Health Education at the UC Davis Health Sleep Laboratory.

916-731-1989.