

Sleep Centre

How to set-up the humidifier on your CPAP machine

Guidance for patients, relatives and carers

Introduction

This information leaflet has been designed to help you set-up the Humidifier on your CPAP machine, at home. It also contains some instructions on how to clean and maintain your humidifier. Please read carefully.

A member of our team has hopefully already discussed the use of a humidifier with you. If not, or if you need further information, or have any questions, please call us on 020 3311 7188.

Step one

Find the compartment to insert your humidifier on the right-hand side of your CPAP machine (our photos are of an Airsense 10).



Step two

Press the plastic button at the top right side, wiggle and pull the side cover until it is completely detached, as shown in the second photo below.



Step three

Open the humidifier by pulling the plastic flap on the right hand-side, shown in the photo below, upwards.



Step four

Fill the humidifier with distilled water, or tap water that has been **boiled in the kettle and left until it's completely cool**. Add the water up to the maximum level.



Step five

Insert the humidifier in the side compartment, making sure this is **dry on the outside** before insertion. The machine will automatically detect the humidifier and default the humidity setting to number four on the scale of humidity.



Step six

If you are still experiencing dryness you may need to increase the humidity level. You can do this on your Home Menu by using round silver dial to navigate between the following options:

- Select **My Options**
- Select **Humidity Level**
- Select the desired setting between **1-8**

Please note, the higher settings are to create higher humidity levels. Lower settings create lower humidity levels.

If needing a setting higher than 7, there is a risk of water droplets developing in the pipe; this can be improved by placing the CPAP machine at a lower level than the bed - ie: floor/stool).

Step seven

For a good maintenance of your equipment, make sure to rinse your humidifier daily when you wake-up, and use new water every night before you go to bed.

On a weekly basis, clean it with vinegar or lemon juice. Natural acid substances are very good against bacteria and limescale.

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3312 7777** (10.00 – 16.00, Monday to Friday). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY

Email: ICHC-tr.Complaints@nhs.net

Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:
imperial.communications@nhs.net

Wi-fi

Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk

Sleep services
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