

How Often Should CPAP Supplies Be Replaced?

The following intervals represent typical industry and supplier recommendations that are generally consistent with CMS (Centers for Medicare/Medicaid Services) resupply guidelines within the United States. Actual replacement time may vary depending on usage frequency, environmental conditions, supplier policies, or payor requirements. These timelines may not directly translate to international replacement schedules, as regional policies and healthcare systems may differ.

Item	Typical Replacement Interval*	Why?
Nasal Pillows/Nasal Mask Cushion	2 per Month	As cushions and pillows are exposed to oils, dirt, and daily use, they can lose their ability to seal properly — leading to leaks and less effective therapy.
Full Face Mask Cushion	1 per Month	As cushions are exposed to oils, dirt, and daily use, they can lose their ability to seal properly — leading to leaks and less effective therapy.
Mask Frame	3 Months	Over time, mask frames can weaken or crack, making it harder to keep a leak-free or secure fit.
Mask Headgear	6 Months	Straps can stretch or wear over time, reducing comfort and fit.
CPAP Tubing (Standard or Heated)	3 Months	Tubing can develop cracks or residue buildup, affecting airflow and hygiene.
Humidifier Water Chamber	6 Months	With regular use, minerals in the water and constant heating can damage the chamber, causing leaks or cloudiness that may reduce humidity and therapy effectiveness.
Disposable Filters	2 per Month	Filters trap dust, dirt, and particles from the air, and over time they can clog, making it harder for your machine to deliver effective therapy.
Chin Strap (if used)	6 Months	Straps can stretch or wear over time, reducing comfort and fit.
CPAP Machine	5 Years	Internal components may wear down, potentially affecting airflow delivery and overall device performance.



Note: “Typical Replacement Intervals” reflect CMS and typical supplier guidelines. Individual schedules may vary based on usage patterns, environmental exposure (e.g., humidity, pet dander, dust), and individual payor or institutional requirements.