

Minimising noise from your CPAP machine



Sleep Right
A U S T R A L I A

MINIMISING NOISE FROM YOUR CPAP MACHINE

WHAT YOU CAN DO TO MINIMISE NOISE AT VERY MINIMAL COST?

Noisy CPAP equipment can disrupt your sleep as well as that of your partners. Generally speaking, when CPAP equipment is new, it is at its quietest. As you continue to use your equipment, general wear and tear starts to occur and over time your equipment becomes noisier.

In this document we will troubleshoot what could be the cause of excessive noise with your CPAP equipment, then provide instructions to help you fix any issues as they arise.

There are going to be instances where the only solution is to get an equipment expert to step in and do the work. We do have an [online equipment review service](#) to assist with these issues.

WHERE CAN EXCESSIVE NOISE FROM CPAP EQUIPMENT COME FROM?

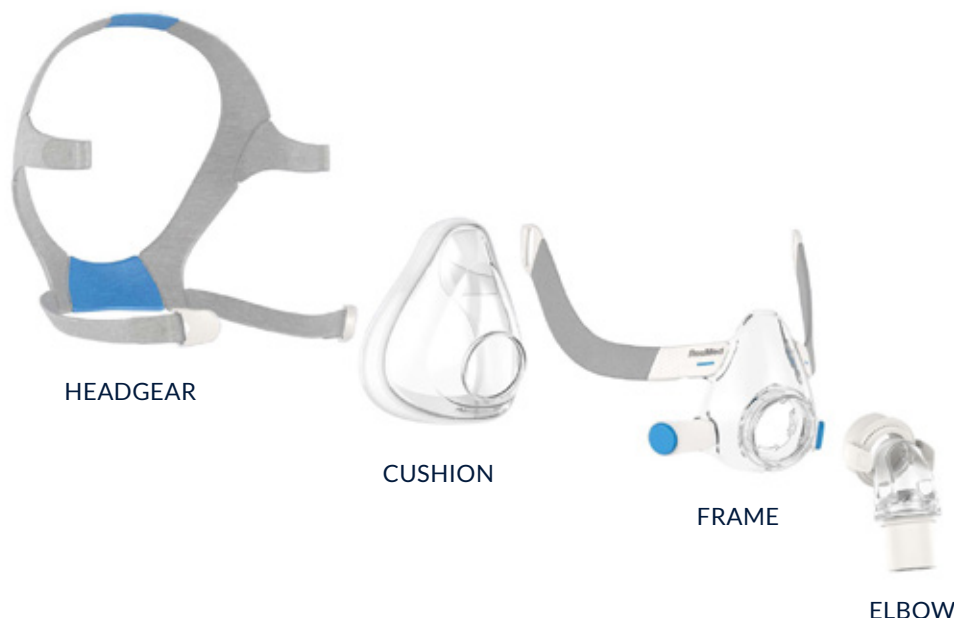
The three places where excessive noise can come from are:

- The mask
- The tubing
- The machine

MASK

The mask is the most common place for excessive noise when dealing with CPAP equipment. Below is a list of some of the most common problems that can cause excessive noise:

- The mask is the wrong size or is not being put on correctly
- Mouth dropping open through the night
- Split/Damaged mask cushion
- Dirty mask cushion
- Stretched headgear
- Damaged headgear - torn, or the velcro is not holding
- A mask part has come loose or it has not been put back together properly
- The elbow section of the mask is not clicked in properly
- The elbow part of the mask is damaged
- A membrane inside the mask cushion is not sitting properly
- Hissing noise from the exhaust point



TUBING

The tube can be a source of noise by:

- Slipping off the end of the mask
- If there is a hole in the tubing near the mask
- A hole in the tubing near the machine
- Water in the tube



MACHINE

The CPAP machine itself is another location where excessive noise can generate from. Your CPAP machine is used for around 8 hours a day and therefore is doing quite a bit of work.

Issues that may arise with your machine that can contribute to excessive noise include:

- Dust in the motor
- Humidifier tub not closed/closing properly
- Filter attracting too much dust
- Motor noise



DIRTY/DAMAGED EQUIPMENT

If your equipment is dirty, in particular your mask cushion, it can have a detrimental effect on the seal of your mask. If your mask is not sealed correctly, air will escape causing noise. Regular cleaning and maintenance of your mask can help maintain the seal. For tips on how to clean your mask [click here](#).

If your mask cushion is torn and it is out of warranty, you will need to replace this. Keep in mind there are mask parts available.

If your headgear is stretched or your velcro is starting to slip you can use some craft to keep these working providing they are in a clean, hygienic state. It is not uncommon for us to see people who have altered their straps or added new velcro with a sewing machine to extend the life of their gear. Be mindful that if you do start to alter equipment your warranties may be void.



WHAT CAN I DO ABOUT MY NOISY CPAP EQUIPMENT?

Every machine and mask has their little nuances. Quite often a little tweak of your equipment can make a big difference.

There are going to be instances where you will not be able to improve the performance of your equipment on your own and you may need some guidance. We can be accessed by phone **1800 799 950**, email info@sleepright.com.au or by booking in a [free online equipment review](#).

Please read on for our troubleshooting tips to quietening down your CPAP therapy.



LEARN HOW TO FIT YOUR MASK PROPERLY AND HOW TO DISASSEMBLE AND REASSEMBLE IT:

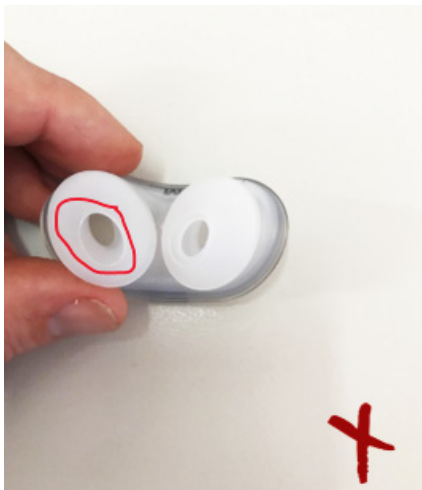
As CPAP masks become more modern, they are becoming easier to fit and are made up of less parts.

We do still find from time to time when people come in that they are experiencing difficulties putting their mask on correctly or they have put their mask back together incorrectly.

If you find that there is a lot of noise coming from your mask, ensure that all of the parts have been connected as they should. If you are unsure, you can send a picture of your mask to us and we can talk you through it.

It is not uncommon for us to see people who have put their mask on upside down or with the straps not configured properly. Again, if you are unsure on whether your mask is sitting properly on your head or worry that it is not as it should be, send us a picture and we can advise.

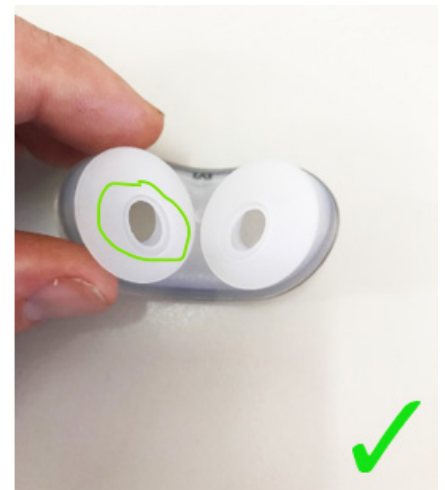
A common thing we see with nasal pillow masks is the inner membrane has been pushed in which makes it very difficult to obtain a seal. See the illustration below.



PROBLEM



SOLUTION



OUTCOME

The first image shows that the inner membrane of the left pillow has been pushed in. The middle image shows how to remedy this by pushing the membrane back out and the third image shows what the P10 cushion should look like.

This is just one of the hundreds of little issues that can happen with a CPAP mask. By simply fixing these it can make a substantial difference to the noise of your equipment and you may even squeeze a little bit more life out of your mask. Each different mask has its own little nuance which we can sort for you.



MOUTH DROPPING OPEN THROUGH THE NIGHT:

When your mouth drops open through the night, air escapes out the mouth which can be quite noisy. If this is happening and you are wearing a nasal mask, it may be worth considering a chinstrap or using a full face mask.



HISSING NOISE FROM THE EXHAUST POINT:

If there is a hissing noise coming from the exhaust point of your mask, this can be caused by tiny droplets of moisture. Ensure that your exhaust point is as dry as possible at the start of the night and that you wipe it out if you hear it through the night.

Of note, all masks have an exhaust point where exhaled air will pass. These are often the noisiest points of the mask.

USE TAPE TO PREVENT YOUR MASK SLIPPING FROM YOUR TUBE:

A common problem we see is the mask slipping off the end of the tube which can cause significant noise. By wrapping some electrical tape around the connection component of your mask that goes inside the tube, you can create some friction which helps hold the mask in place. **Important:** It is important that when doing this, you do not tape over any of your mask's exhaust points.



USE TAPE TO COVER ANY HOLES IN YOUR TUBE:

If your tubing has holes in it, you can use tape to cover these. We suggest this as a short term solution only.

KEEPING WATER OUT OF YOUR TUBE:

If you have ever experienced rainout with your CPAP device you will know this is quite a noisy experience. We notice we get more calls about this issue at the change of seasons. As a general rule, it occurs when too much humidity is being released into the tube, or the tube temperature is significantly warmer on the inside compared to the environment around it.

One way to help rainout is to turn the humidity settings down on your machine. Secondly, putting your tube under the blanket can help as this means the tube is not being exposed to the elements.

THE MOTOR:

The machine has a motor which generates pressure to keep your airway open. There are quite a few moving parts and complicated elements, so from time to time, the noise levels may increase.

MACHINE WARRANTY:

CPAP equipment purchased will come with certain warranty terms and in some cases money back guarantees. If you think your equipment is damaged or if you are not happy with it, go back to where you bought it from and exchange it for something suitable or have it sent away to get fixed. If there is something internally making noise, the technicians can generally tweak it and get it back working in a fashion that is not disruptive to you or your partner.



KEEP DUST AWAY FROM YOUR MOTOR:

Your filter is quite small but it is very important. The filter will keep dust from entering the motor, which in turn will help keep it running quietly. We suggest taking your filter out and flicking it fortnightly. We also find with a clean filter your motor doesn't have to work as hard subsequently reducing the noise it produces.

ENSURE ALL LIDS ARE CLOSED AND THINGS ARE CONNECTED PROPERLY:

If the machine is making a really excessive amount of noise, it could be because a humidifier lid isn't closed properly or the tube isn't connected as it should be. The procedure for doing this is different on each machine, so if you are unsure if yours is put together as it should be, please send us a picture or contact us.

POSITION YOUR CPAP MACHINE AWAY FROM YOUR HEAD AND ON A LEVEL SURFACE:

By positioning your machine away from your head, the noise will need to travel further to reach you. Be sure that it is on a level surface and is secure to avoid it moving during the night.



A filter that hasn't been changed for a very long time vs. a new one.



SUMMARY

In summary, noise is a factor that causes many people to stop using their CPAP equipment unnecessarily.

The first port of call is to ensure you are using your equipment as it was designed to be used. By fitting the mask properly and ensuring all bits are connected as they should be you are now giving your equipment a chance to work properly.

Secondly, it is then time to go hunting for damage. If the damaged area falls in the warranty period/conditions get that part fixed or replaced free of charge while you can!

If not, then there are strategies you can use to maintain the problem or to provide a temporary quick fix.

Lastly there are some problems that just can't be fixed for free and you may require some assistance. Importantly, it is good to know that there are parts available for both masks and machines.

We hope that you have picked up some handy tips from this document, please get in touch with any questions at info@sleepright.com.au or call 1800 799 950. We also provide a [free online CPAP equipment review](#). These are particularly handy as we do these via video. This allows us to see the equipment and educate more efficiently.

CONTACT

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