



An Extended Guide · No. 1729

Running a CPAP Without the Humidifier

A free way to stretch
your backup battery

Tech Made Simple — Service Made Personal

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! Read this first — this is not medical advice

This guide is about keeping the power on — it is not medical advice, and it is not a substitute for a plan made with the people who know your health. Make your backup-power plan together with your doctor and your equipment supplier, and follow their guidance on your specific device, its settings, and how much backup you need. Register ahead of time on your electric utility's medical or priority-restoration list. And please never rely on a backup battery alone for life-sustaining equipment: a battery buys you time, it does not replace care. If the power is out and anyone's health is at risk — trouble breathing, chest pain, confusion, or bluish lips — call 911, or get to a hospital or shelter that has power. Turning off the humidifier to save power is a comfort choice, not a medical one — check with your equipment supplier that it's fine for you before you rely on it.

A simple way to stretch your CPAP's backup

Here's a tip that surprises a lot of folks: the part of your CPAP that uses the most power isn't the air pump at all — it's the little heater that warms the water. Turn that off on backup power, and your battery can last a great deal longer.

I'm Bill, and I run Bill's Home Tech here in Portage County, Ohio. This is one of my favorite little tricks, because it costs nothing and can make a real difference on a long night. The machine keeps doing its main job — moving air — while sipping far less power.

There's one gentle rule: check with your equipment supplier first that running without the humidifier is fine for you. It usually is, but the comfort of moist air matters for some people, so let's make sure it's the right call before you count on it.

★ A small change, a big difference

I love sharing this one because it's free and it works. Call or text me at (330) 200-8042 and I'll show you exactly how to set it up on your machine.

The whole guide, on one page

If you remember only these things, you'll get far more runtime from the same battery.

- ❑ The heated humidifier is a CPAP's biggest power user by far.
- ❑ Turning it off on backup power can greatly extend how long your battery lasts.
- ❑ A heated hose, if you have one, also uses extra power — turn it off too.
- ❑ Check with your supplier that running 'dry' is fine for you before you rely on it.
- ❑ You may notice a little dryness; a saline spray or lozenge can ease it.
- ❑ Using a DC cord instead of a household-outlet adapter saves even more power.
- ❑ Keep using the humidifier on normal nights — this is just for backup power.
- ❑ If you ever feel unwell using your CPAP, stop and call your supplier or 911.

✓ One idea to hold onto

On backup power, think of the humidifier as an optional comfort. The air still flows without it — and your battery lasts much longer.

Why the humidifier is the hungry part

Understanding this makes the whole trick make sense.

Anything that makes heat uses a lot of power — a toaster, a hair dryer, a space heater. Your CPAP's humidifier is a small heater: it warms a little tank of water so the air feels moist and comfortable. Warming water takes real energy, far more than the gentle fan that actually pushes your air. So when you turn the heat off, the machine's power appetite drops dramatically, and a battery that would have run out early can keep going much longer.

The important part: the air keeps flowing exactly as before. You're only turning off the warmth and the moisture, not the therapy itself. Our CPAP-overnight guide covers the machine as a whole; this guide zooms in on this one big saving.

! Air keeps flowing — only the heat stops

Switching off the humidifier does not stop your CPAP from doing its main job of moving air. It simply stops warming the water. If anything about your therapy ever feels wrong, stop and call your supplier.

The simple win: run it dry on backup

On backup power, switch the humidifier off and let the pump do its quiet work.

Most CPAP machines let you turn the humidifier down to off right in the settings, or you can simply leave the water chamber empty. Either way, the machine runs 'dry' — moving air without heating water. On a battery, that one change can stretch your runtime remarkably. I'm glad to set it up so it's a single, easy step for you when the power goes out.

- Learn where your machine's humidifier setting is, and how to turn it to off.
- Or simply run with the water chamber empty on backup nights.
- Do this only when you're on battery power, to save it for when it counts.
- Ask your supplier to confirm this is fine for you before you rely on it.

★ I'll make it one easy step

I can label the setting, write down the steps in big print, or set your machine up so switching to dry is simple in the dark. That's exactly the kind of thing I do on a visit.

The heated hose uses power too

If your setup has a heated tube, that's another quiet power user you can switch off on backup.

Some CPAP setups include a heated hose — a tube that warms the air on its way to you, to prevent condensation. Like the humidifier, it makes heat, so it uses extra power. On backup, turning it off along with the humidifier saves even more. A plain, unheated hose works perfectly well; you may just notice the air is a touch cooler.

- Check whether your hose is a heated one — it will have wires or a special connector.
- If it is, learn how to turn the heating off in your machine's settings.
- Turn it off along with the humidifier when you're running on battery.
- A cooler airstream is a small trade for a much longer runtime.

✓ Heat is the theme

Notice the pattern: everything that warms something — the water, the hose — is where the power goes. Switch off the heat, and the battery lasts.

What you might notice, and how to ease it

Running dry can feel a little less moist — here are gentle ways to stay comfortable.

Without the humidifier, some people notice a dry nose, mouth, or throat, especially in winter air. For a night or two of backup power, most folks find it perfectly tolerable, and there are easy comforts that help. If dryness is a real problem for you, that's worth telling your supplier — they may have suggestions or feel the humidifier matters enough to size a bigger battery instead.

- Keep water by the bed for a sip if your mouth feels dry.
- A little saline nose spray can ease a dry nose — ask your pharmacist.
- A lozenge before bed can help a dry throat.
- If dryness really bothers you, tell your supplier — don't just tough it out.

★ Comfort matters — speak up about it

If running dry is uncomfortable, that's a real thing worth solving. Your supplier can advise, and I can help size a battery big enough to keep the humidifier on if that's the better answer for you.

A few smaller savings that add up

Beyond the humidifier, a couple of small habits help squeeze out more runtime.

The humidifier and heated hose are the big wins, but a few little things help too. Ask your supplier whether the 'ramp' feature — which starts the pressure low and builds up — is fine to use on backup, since a gentler start can nudge power use down. And keep the machine's air filter clean and the hose free of kinks, so the pump isn't working harder than it needs to.

- Ask your supplier if the ramp feature is fine to use on backup nights.
- Keep the air filter clean so the pump breathes easily.
- Make sure the hose isn't kinked or pinched under the covers.
- Keep the machine somewhere cool, not next to a heat source.

✓ The big win is still the humidifier

These extras help, but don't lose sight of the main event: switching off the heat is what really stretches your battery.

A DC cord saves power the moment you plug in

How you connect to the battery can matter almost as much as the humidifier.

Many CPAPs can run from a DC cord — one that connects to a 12-volt-style outlet or directly to a battery — instead of the usual adapter that plugs into a household wall socket. Skipping the household adapter avoids a power-wasting conversion step, so more of the battery's energy reaches your machine. Ask your supplier whether a DC cord is available for your model. Our guide on car and DC power covers this in more detail.

✓ Why a battery is the indoor-safe choice

A battery power station makes no fumes and no carbon monoxide, so unlike a fuel generator it is safe to run indoors — right on the nightstand next to a CPAP, or beside a chair next to a concentrator. It is also quiet enough to sleep next to and gives clean, steady power that sensitive equipment is happy with. Whether you use a DC cord or a normal outlet, a battery power station is safe right on the nightstand — it makes no fumes — so you can run your CPAP indoors beside the bed all night.

Clear it with your supplier first

This is a comfort tip — so let the people who know your therapy sign off on it.

For most people, running the CPAP without the humidifier for a night or two of backup is perfectly fine. But you are the exception until your supplier says otherwise, so please ask them before you build your whole plan around it. The same goes for the heated hose and the ramp feature. It's a quick question, and it means you can rely on this trick with a clear mind.

- Ask your supplier: is it fine for me to run without the humidifier on backup power?
- Ask: is turning off the heated hose all right?
- Ask: is the ramp feature fine to use on backup nights?
- Follow their answer — it's about your comfort and your therapy, not just power.

★ Their call, my setup

Once your supplier gives the nod, I'll handle the setup — the settings, the big-print steps, the DC cord. The medical go-ahead is always theirs, and I'll always ask you to get it first.

Two kinds of homes, two sets of needs

Where you live decides how much this trick matters — because it decides how many nights your battery may have to cover.

If you live in town or the suburbs

In town or a close-in suburb, outages usually run shorter, so a single battery night is often all you need.

- For a short outage, running dry may simply be a nice bonus of extra margin.
- You may be able to keep the humidifier on and still make it through, if your battery is sized for it.
- Help and a place to recharge are usually close if a battery does run low.
- Still learn the dry setting — a short outage can always surprise you and stretch on.

If you are out in the country on a well

Out in the country, outages can last for nights on end, so stretching each battery night matters much more — and running dry can be the difference between covering the outage and coming up short.

- Running dry every backup night can meaningfully extend how far your battery goes.
- Combine it with a DC cord for the biggest saving on a long outage.
- Plan how you'll recharge the battery between nights, since a supply run is far.
- If you truly need the humidifier, size a larger battery — don't just hope.

★ Let's set it up for your situation

Tell me how long outages tend to last where you are, and I'll help you set up the dry mode, a DC cord, and the right battery. Call (330) 200-8042.

Keep the humidifier for normal nights

This is a backup-power trick — not a reason to give up your comfort every night.

I want to be clear: none of this means abandoning the humidifier. On an ordinary night, with the power on and the wall outlet doing the work, use your humidifier and heated hose exactly as you always have. This dry-running trick is a tool you reach for only when you're on battery power and want to stretch it. Think of it like a spare tire: good to have, but not what you drive on every day.

✓ Comfort on normal nights, savings on backup

Set your machine up so switching to dry mode is a deliberate step for outage nights. The rest of the time, enjoy your usual moist, warm air.

If your therapy ever feels wrong

Saving power is never worth ignoring how you feel.

Running dry should feel much like normal, just less moist. But if you ever feel short of breath, unusually unwell, or your machine seems to be behaving strangely, stop and reach out — call your supplier for equipment worries, and call 911 for any trouble breathing, chest pain, confusion, or bluish lips. No power-saving trick is worth waiting out something that feels serious.

! A longer runtime buys time — it doesn't replace care

Stretching your battery is meant to make an outage calmer. It is never a reason to stay put when something feels wrong. When in doubt, call 911 or get to a hospital or shelter with power.

Test your dry runtime on a calm day

Knowing how far a dry night actually goes turns a tip into a plan you trust.

On an easy day, run your CPAP dry from the fully charged battery and see how long it lasts, so you know the real number rather than a hope. Compare it, if you like, with the humidifier on, and you'll see the difference for yourself. Then you can plan your outage nights with confidence. Our testing guide covers checking the whole plan safely.

★ Let's measure it together

I'm glad to help you run a safe daytime test of your dry runtime, so the number you count on at night is a fact. Call or text (330) 200-8042 to set up a visit.

What I help with — and what I don't

Being clear about this line is part of doing right by you.

Bill helps with	Always your supplier's call
Setting up the dry humidifier mode	Whether dry is fine for you
Turning off a heated hose	Your prescribed pressure
Fitting a DC cord and battery	Your therapy and comfort needs
Testing the dry runtime with you	When to seek emergency care

★ **A boundary I keep**

I handle the settings and the power. Whether running dry is right for you, and anything about your therapy, always stays with your supplier and doctor — and I'll say so every time.

A few gentle reminders

Not judgments — just the slip-ups I see most, so you can step around them.

- Relying on running dry without ever asking the supplier if it's fine for you.
- Leaving the humidifier on during an outage and running the battery down early.
- Forgetting the heated hose is also using power on backup nights.
- Toughing out real dryness instead of mentioning it to the supplier.
- Not knowing where the humidifier setting is, so it's a fumble in the dark.

! If one of these sounds familiar, that's all right

Spotting a gap is the whole point of this page. Fix one this week — ask your supplier, or learn the setting — and you're readier for the next outage.

A caring checklist

Work through it at your own pace — the only deadline is the one you set.

- ☐ My supplier has confirmed running without the humidifier is fine for me.
- ☐ I know how to turn the humidifier to off on my machine.
- ☐ I know whether I have a heated hose, and how to turn its heat off.
- ☐ I have a DC cord if my model supports one, to save even more power.
- ☐ I keep water, saline spray, or lozenges handy for dryness.
- ☐ I still use the humidifier normally when the power's on.
- ☐ I've tested my dry runtime on a calm day.
- ☐ I know to stop and call for help if my therapy ever feels wrong.

★ Even a few boxes checked is real progress

You don't have to finish today. Every box you check is more calm, reliable runtime when the lights go out.

Questions worth asking your supplier

This trick is a comfort choice, so the key questions belong with your supplier.

Q: Is it fine for me to run without the humidifier on backup power?

The key question — for most people the answer is yes, but let your supplier confirm it for you and your therapy before you rely on it.

Q: Can I turn off my heated hose too?

Usually yes, for the same power saving. Ask your supplier and learn where the setting is on your machine.

Q: Is a DC cord available for my machine?

Ask whether your model can run from a DC cord, which saves power over a household-outlet adapter — and which cord is the right one.

Q: What if the dryness really bothers me?

Tell your supplier — they may have comfort tips, or may feel the humidifier matters enough that sizing a bigger battery is the better plan for you.

✓ I'll help you prepare the questions

Not sure how to ask? Call me first and we'll write down exactly what to ask your supplier, so you come away with a clear go-ahead.

Common Questions

The questions folks ask me most about this trick, answered plainly.

Q: Does running dry stop my CPAP from working?

No — the machine still moves air exactly as before. You're only turning off the water heating, not the therapy itself. If anything feels wrong, stop and call your supplier.

Q: How much longer will my battery last without the humidifier?

A good deal longer, because heating water is the biggest power user — but the exact difference depends on your machine and battery. Test it on a calm day to see your real numbers.

Q: Will I be uncomfortable without the moist air?

Some people notice a little dryness; most find a backup night or two perfectly tolerable, eased by water, saline spray, or a lozenge. Tell your supplier if it's a real problem.

Q: Should I run dry every night to save power?

No — use your humidifier normally when the power's on. This is a backup-power trick, reached for only when you're stretching a battery.

★ However far along you are, I'm glad to help

Whether you're setting this up for the first time or fine-tuning it, call or text me at (330) 200-8042. We'll make your CPAP backup go further, one calm step at a time.

Bringing it all together

The trick is simple: on backup power, switch off the heat and let the pump do its quiet work.

The humidifier and heated hose are a CPAP's biggest power users, so turning them off on battery nights stretches your runtime a great deal. A DC cord saves even more. You keep your usual comfort on normal nights, and reach for dry mode only when you're on backup. Clear it with your supplier, ease any dryness, and test the real runtime — and you have a free, reliable way to make your battery last.

This pairs naturally with the CPAP-overnight guide, the sizing guide, and the car and DC power guide. Take them one at a time.

★ Let's set it up together

There's no need to figure this out alone. Call or text me at (330) 200-8042, and we'll get your CPAP running lean on backup, calmly and simply.

Your next small step

Small, doable steps in a gentle order — no need to do them all at once.

- This week: ask your supplier if running without the humidifier is fine for you.
- This week: find the humidifier setting on your machine and learn to turn it off.
- This month: ask about a DC cord and a heated-hose setting.
- This month: set up big-print steps for switching to dry in the dark.
- Before storm season: test your dry runtime on a calm day.

✓ One step at a time is plenty

Even asking your supplier the first question today moves you closer to a longer, calmer backup night. The rest follows easily.

A gentle word on comfort versus runtime

This trick is about choices, and the right choice is the one that's right for you.

Stretching a battery is wonderful, but comfort matters too, and only you and your supplier can weigh the two. For most people, a dry backup night is an easy trade for hours of extra runtime. For a few, moist air matters enough that the better answer is simply a larger battery, so the humidifier can stay on. Neither choice is wrong — they're just different paths to the same goal of a calm, well-rested night.

★ We'll find the path that fits you

Whether that's running dry, sizing up the battery, or a bit of both, I'll help you set it up. And your supplier's guidance always leads the way on what's best for your therapy.

You don't have to do this alone

You just have to remember that a friendly, patient person is one call away.

I hope this guide made stretching your CPAP's backup power feel a little less daunting and a lot more doable. Keep it in a drawer with your other important home papers, come back to a page whenever you need it, and don't worry about memorizing anything.

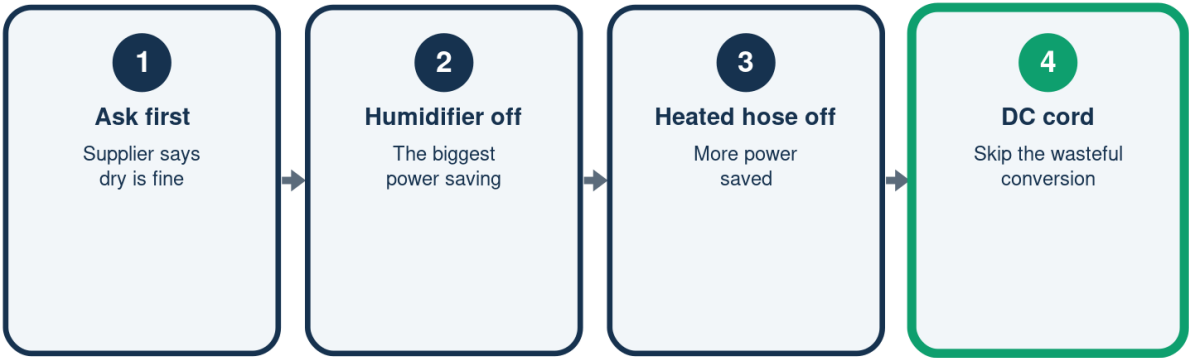
When you'd rather have a hand, that's exactly what I do. I come to your home, work at your pace, and never make you feel rushed or silly for asking. I'll help you choose and set up a battery power station, get the equipment your family depends on connected safely, and test the whole plan before you ever need it. A first visit is a flat \$99, and for the parts that don't need me on-site I can often help right on your screen for \$49. Every visit comes with a 30-day, come-back-free guarantee. I help with the power side only — your settings, your prescription, and when to seek care always stay with your doctor and your equipment supplier — and for any licensed electrical work, I'll line you up with a trustworthy local pro.

★ Bill's Home Tech — real help, close to home

Call or text me at (330) 200-8042, or visit BillsHomeTech.com. Serving Atwater and all of Portage County. 30+ years of patient, plain-English tech help — and if you're ever not 100% happy with a visit, I'll make it right or refund it. That's a promise. — Bill

Stretching Your CPAP Backup, Step by Step

Free ways to make a battery night last longer



Everything that makes heat is where the power goes.

Where a CPAP's Power Goes

The heat is hungry; the airflow is gentle

	Uses a lot	Uses a little
Humidifier	Yes -- heats water	
Heated hose	Yes -- warms air	
The air pump		The gentle part
On backup	Turn heat off	Keep air flowing

Switch off the heat and the battery lasts much longer.

Running Dry: What Changes

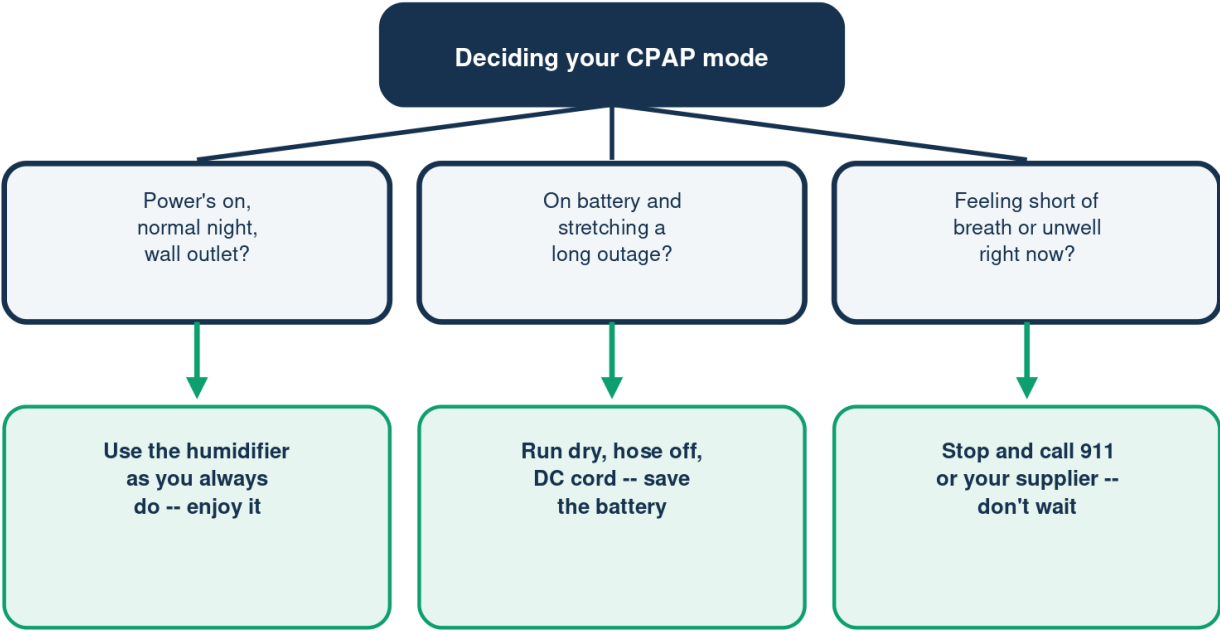
The therapy stays; only the moisture goes

	Stays the same	Changes
Airflow / therapy	Unchanged	
Moisture		A bit drier
Battery runtime		Much longer
Ease dryness	Water, saline	Tell supplier

Most find a dry backup night an easy trade -- ask your supplier.

Humidifier On or Off Tonight?

A calm gut-check for a backup night



This guide isn't medical advice -- ask your supplier before relying on running without the humidifier.

Illustration - a schematic, not to scale. Your setup may differ.



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A Note From Bill

A quick note from Bill.

I write these guides to make home tech a little less frustrating, and I do my best to keep every step accurate and up to date. Still, every home, device, and setup is a bit different, so I can't promise a guide will match yours exactly or fix your particular problem. These guides are for general information only — they're not professional, legal, or financial advice, and they don't replace your device's own manual or the manufacturer's instructions. Please go slow, use your own good judgment, and use everything here at your own risk. If a step involves electrical wiring, a gas appliance, a water heater, plumbing, or climbing a ladder — or if anything just doesn't feel safe — please stop and call a licensed professional (or give me a call at 330-200-8042). Bill's Home Tech and Bill Davis can't be responsible for any damage, data loss, or injury that comes from using these guides. Thanks for reading, and stay safe out there.

— *Bill*



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