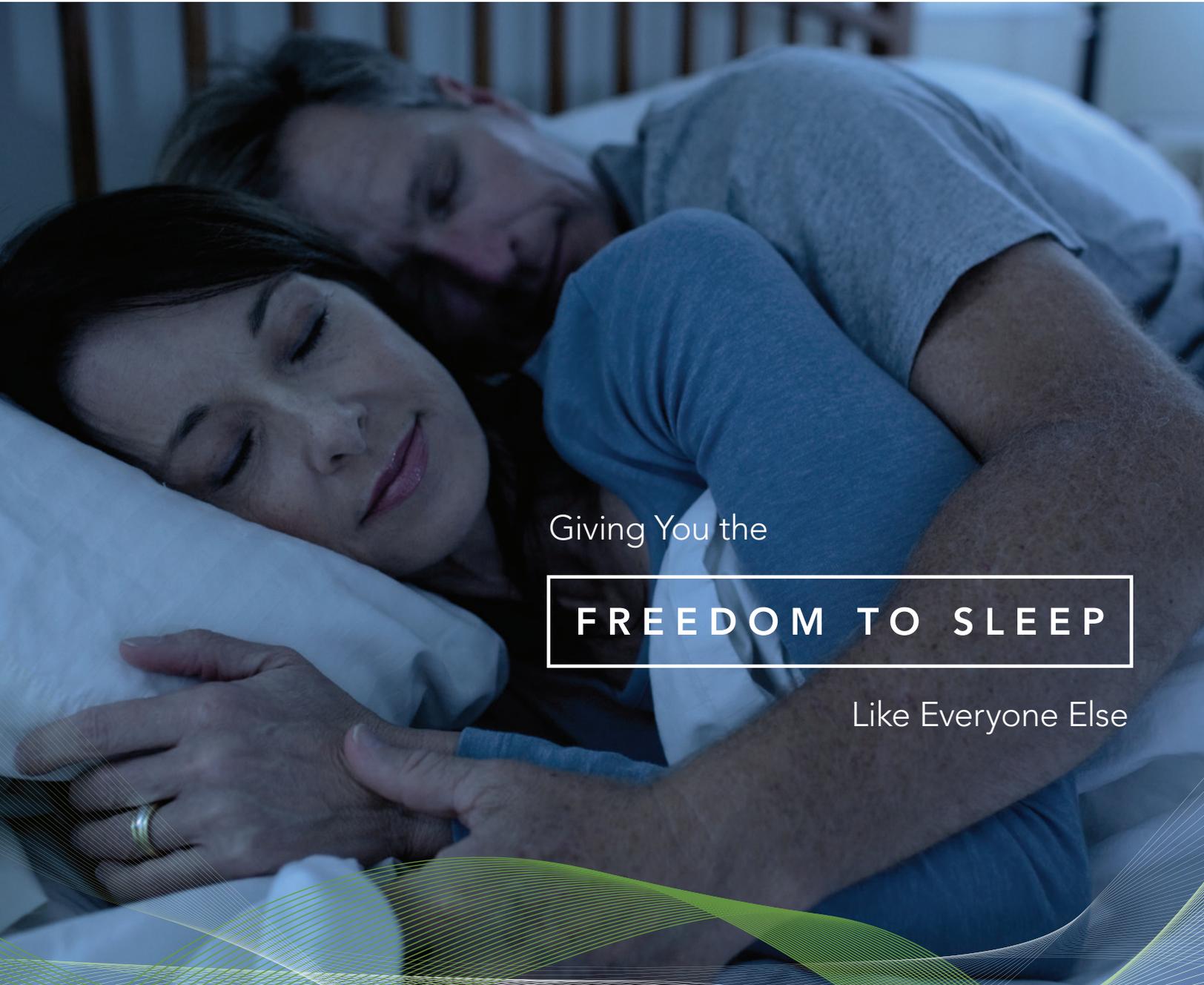




# Inspire Therapy for Sleep Apnea

## Patient Guide



Giving You the

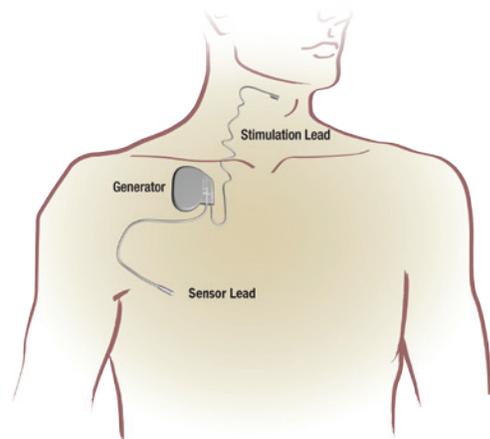
**FREEDOM TO SLEEP**

Like Everyone Else

# Take Comfort.

Inspire therapy can help.

Inspire therapy is a breakthrough implantable treatment option for people with Obstructive Sleep Apnea who are unable to use or get consistent benefit from CPAP. While you are sleeping, Inspire monitors every breath you take. Based on your unique breathing patterns, the system delivers mild stimulation to the hypoglossal nerve, which controls the movement of your tongue and other key airway muscles. By stimulating these muscles, the airway remains open during sleep.



# Take Control.

Get the restful night's sleep you've been missing.

Inspire therapy is controlled by a small handheld sleep remote. The remote allows you to turn Inspire therapy on before bed and off when you wake up, increase and decrease stimulation strength, and pause during the night if needed.



Inspire Sleep Remote

# Take Action.

Here are some reasons people like you have chosen Inspire therapy to treat their sleep apnea.



**Concerns about sleep deprivation and lack of oxygen during sleep, which may cause short- and long-term health risks** (i.e. heart disease, heart attack, stroke, depression and memory loss).



**Feeling too tired for work, family activities, driving or exercise.**



**Are unable to use or get consistent benefit from continuous positive airway pressure (CPAP) machines**



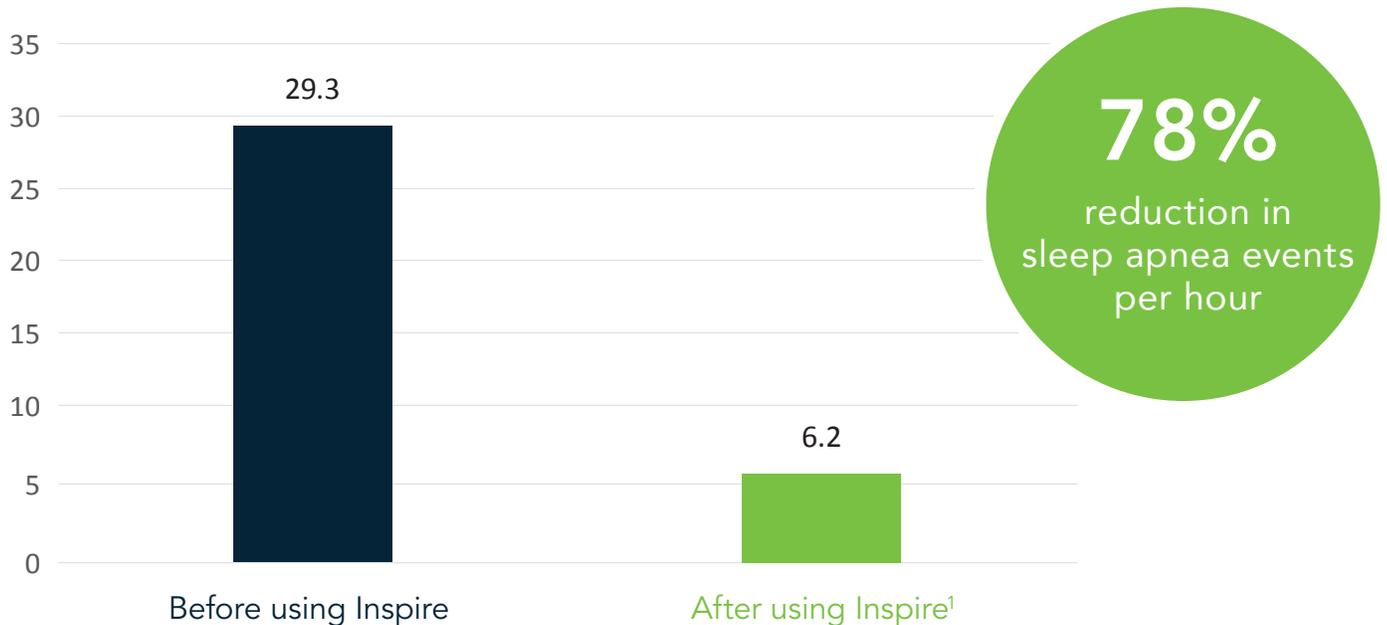
**Desire for a more peaceful sleep experience with their bed partner**

# Have Confidence.

Inspire therapy is safe, clinically proven, and FDA-approved.

The safety and effectiveness of Inspire therapy has been measured in over 37 peer-reviewed articles. Studies show patients using Inspire therapy experience significant reductions in sleep apnea events, increased daytime activity levels, and reduced daytime sleepiness.

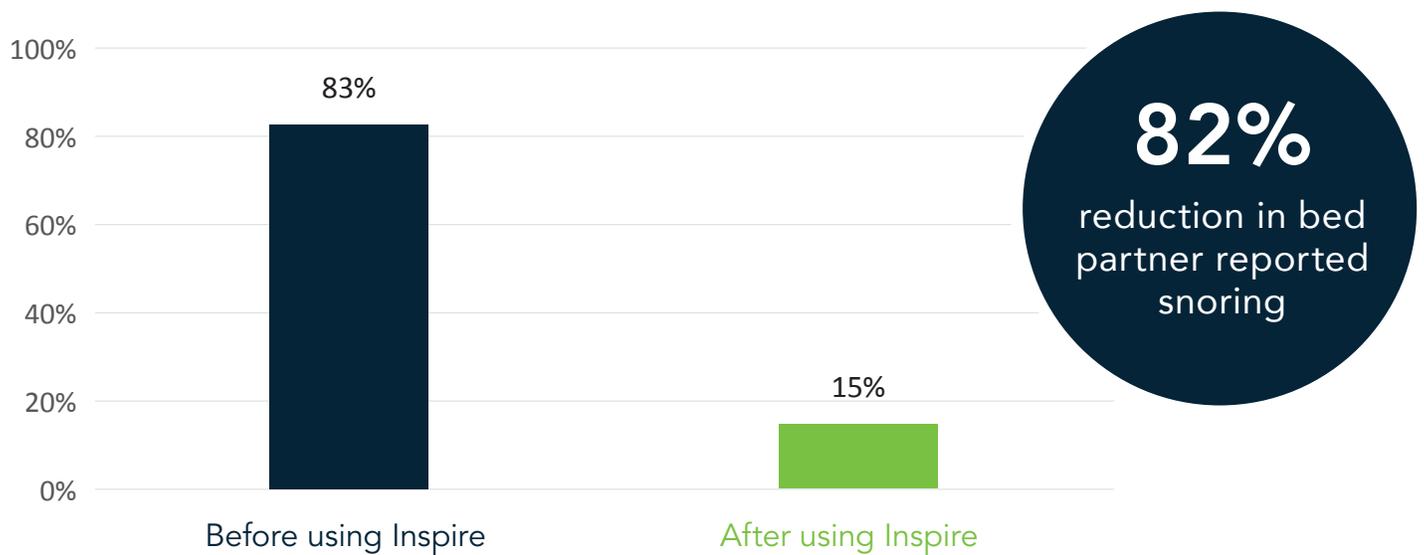
## AVERAGE SLEEP APNEA EVENTS/HOUR (APNEA-HYPOPNEA INDEX)



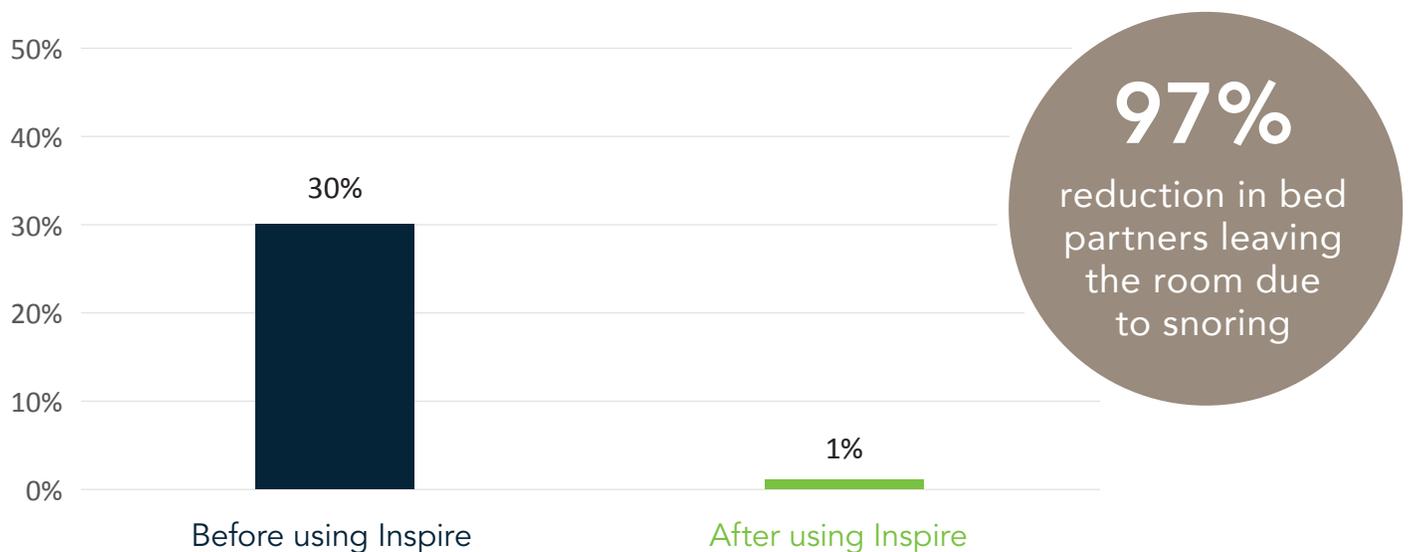
1. Woodson et al. Three-Year Outcomes of Cranial Nerve Stimulation for Obstructive Sleep Apnea, The STAR Trial. OTO-HNS, Nov 2015.  
2. Gillespie et al. Upper Airway Stimulation for Obstructive Sleep Apnea: Patient- Reported Outcomes after 48 Months of Follow-up. OTO-HNS, Feb 2017.

Snoring is one of the most common symptoms of sleep apnea. Bed partners were asked to report how intensely their partner snored and if they ever had to leave the room due to snoring both before and after their partner began using Inspire therapy. After four years of use, both snoring and the need to leave the room due to snoring decreased significantly<sup>2</sup>.

### BED PARTNER REPORTED SNORING



### BED PARTNER LEAVES ROOM DUE TO SNORING





## INSPIRE PROCEDURE

- The Inspire system is typically implanted during an outpatient procedure. The system is placed under the skin of the neck and chest through three small incisions.
- Most patients return home the same day and take over-the-counter pain medication if needed.
- You can return to a normal diet and resume normal, non-strenuous activities within a few days or as directed by your doctor.

**TIMELINE:** 1-4 WEEKS AFTER INSURANCE APPROVAL

### PROCEDURE NOTES:

.....

.....

.....

.....

.....

.....

.....

.....

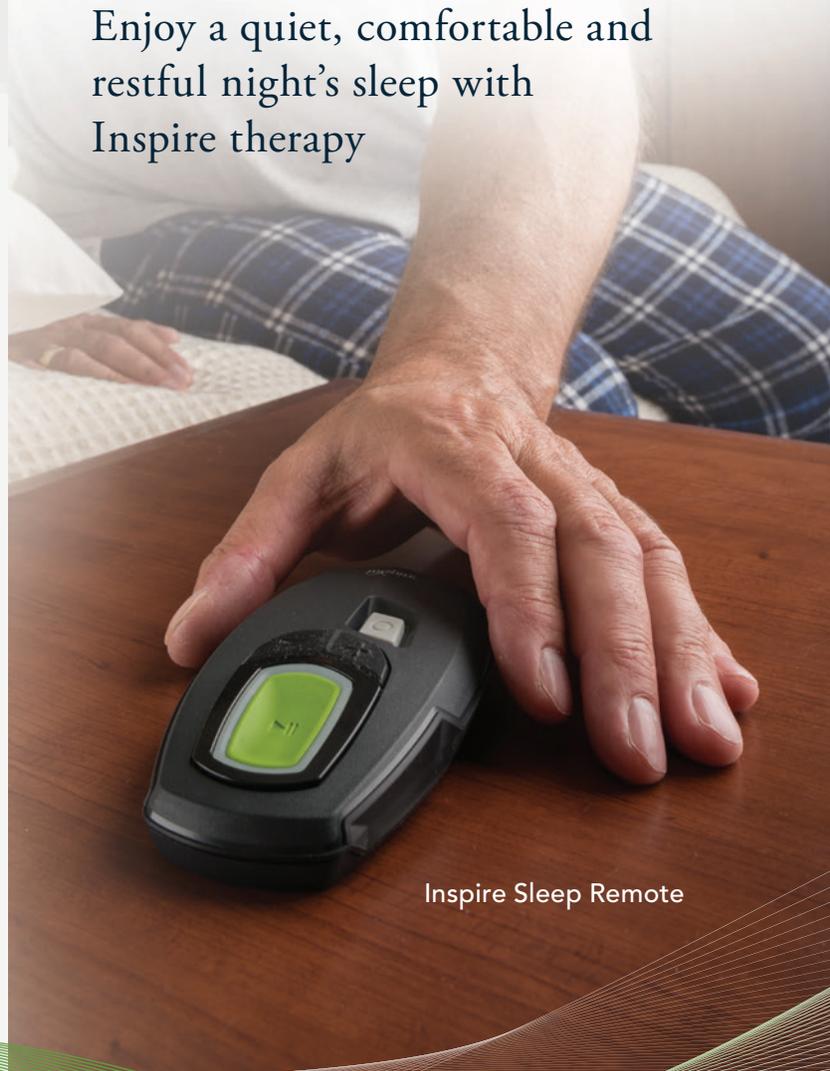
.....

.....

## ACTIVATION & TITRATION

- Approximately one month after surgery, you will return to your doctor's office to activate Inspire therapy. You will receive your Inspire Sleep Remote during this visit.
- Approximately one month after activation, you will undergo an overnight sleep study. The goal of this study is to customize your device settings to ensure they are comfortable and effectively treating your sleep apnea.

Enjoy a quiet, comfortable and restful night's sleep with Inspire therapy



Inspire Sleep Remote



# Wake Up Inspired.

Download the Inspire Patient Guide App for more information on Inspire therapy

Text the word **INSPIRESLEEP** to **555-888** or visit **[app.inspiresleep.com](http://app.inspiresleep.com)**

Inspire therapy is available at over 100 leading medical centers across the United States. Visit [InspireSleep.com](http://InspireSleep.com) to find a doctor in your area and to hear from people like you who have chosen Inspire therapy to treat their sleep apnea.

## Inspire therapy is for people who:

- Have been diagnosed with moderate to severe OSA with an apnea-hypopnea index (AHI) between 15-65
- Struggle with or cannot get consistent benefit from CPAP treatment
- Are not significantly overweight

## Connect with us to hear the latest news:



[@inspiresleep](https://twitter.com/inspiresleep)



[inspiresleep](https://www.facebook.com/inspiresleep)



[Inspire Medical Systems](https://www.linkedin.com/company/inspire-medical-systems)

Talk to your doctor about risks, benefits and expectations associated with Inspire therapy. Risks associated with the surgical implant procedure are low but may include infection and temporary tongue weakness. Most patients acclimate well to the presence of the Inspire system and to the therapeutic stimulation. Some patients may require post implant adjustments to the system's settings in order to improve effectiveness and ease acclimatization. Important safety information can be found at [www.InspireSleep.com](http://www.InspireSleep.com).