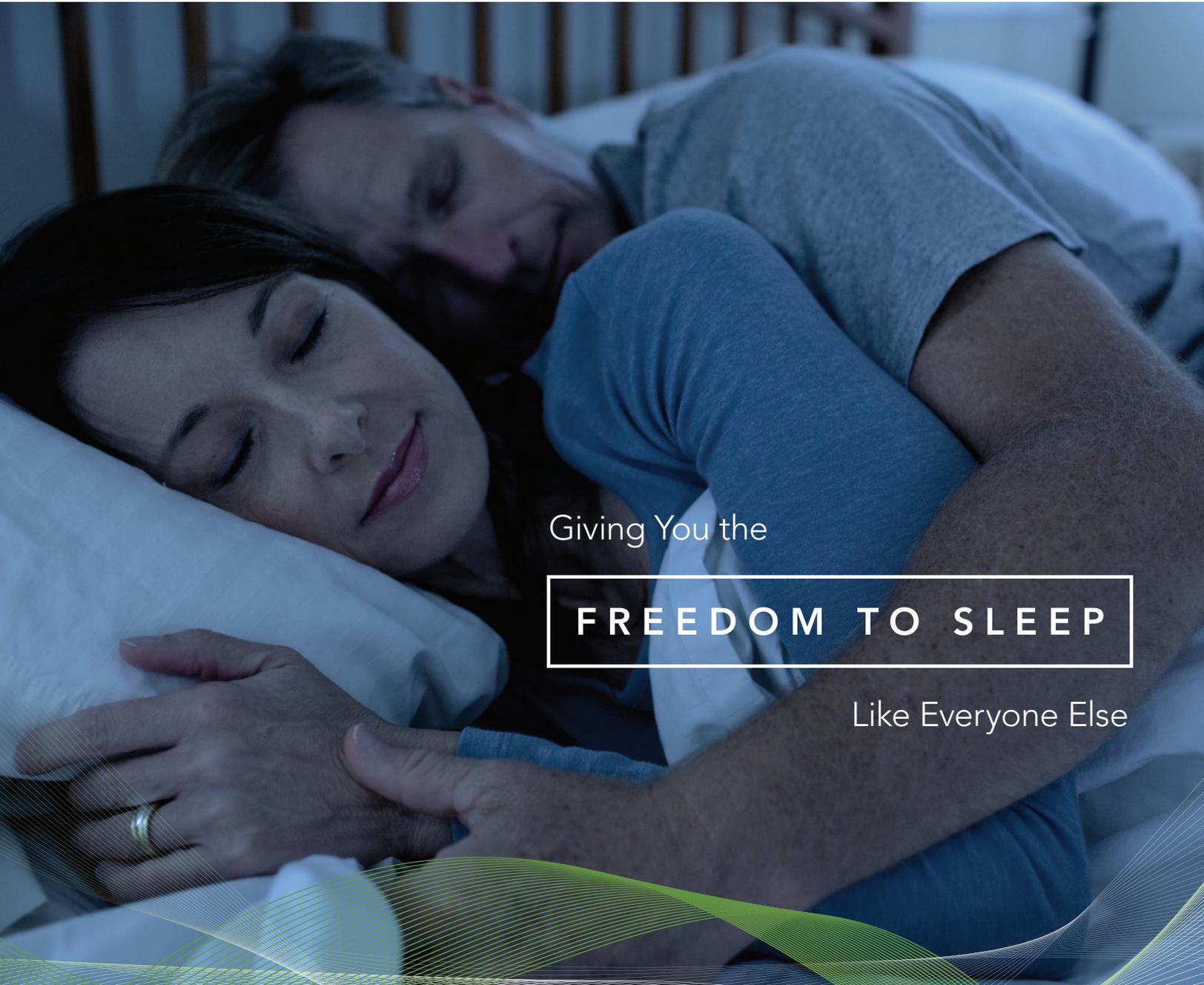




# Inspire Therapy for Sleep Apnea

## Patient Guide



Giving You the

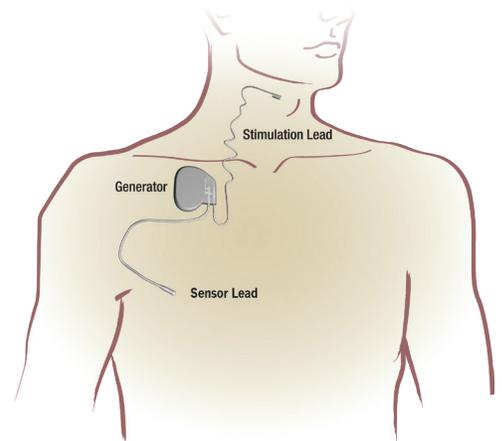
**FREEDOM TO SLEEP**

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**



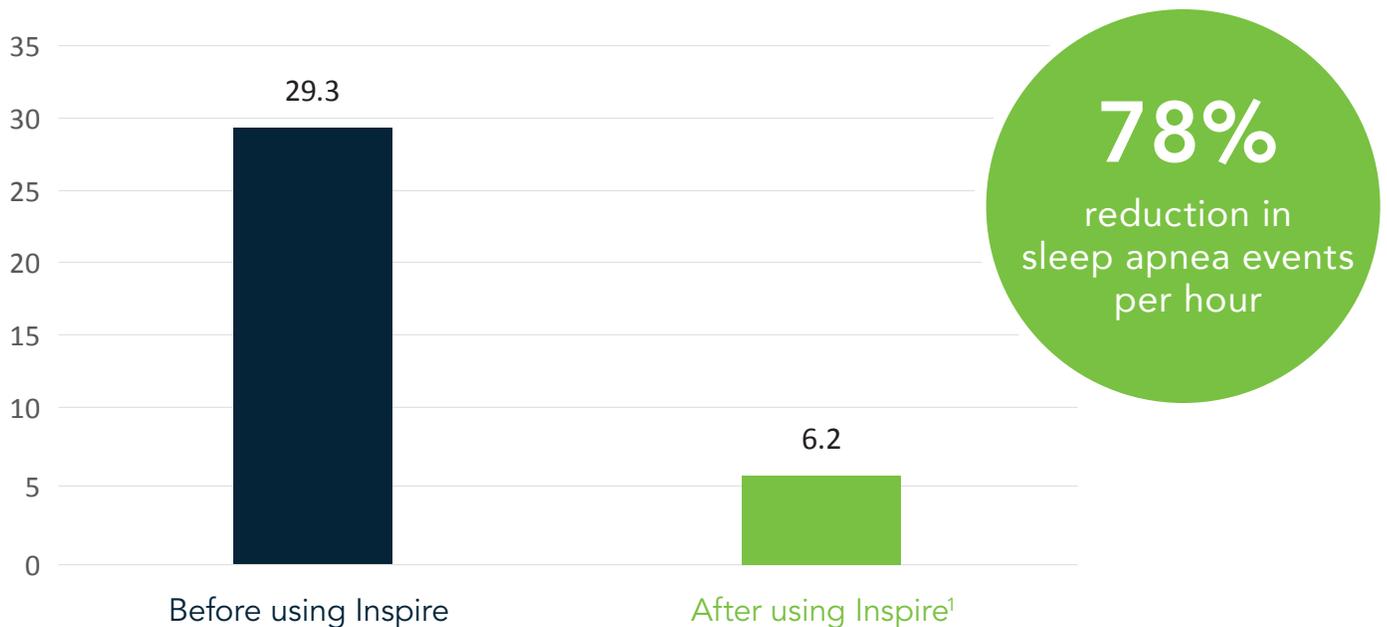
**Desire for a more peaceful sleep experience with their bed partner**

# 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.

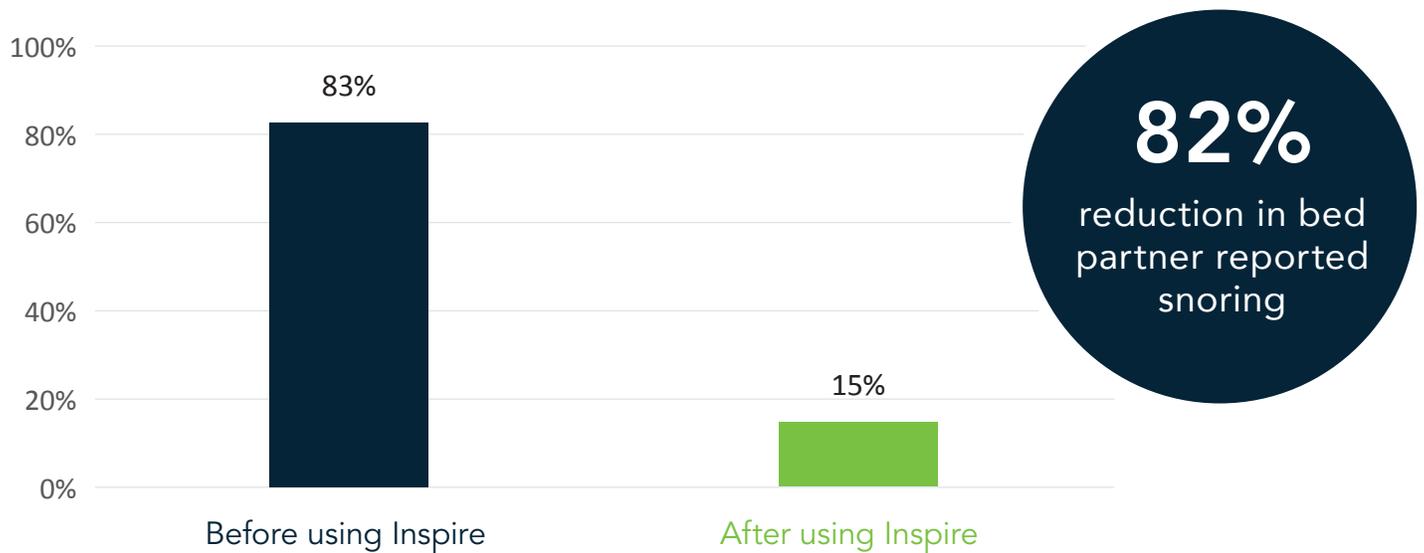
## AVERAGE SLEEP APNEA EVENTS/HOUR (APNEA-HYPOPNEA INDEX)



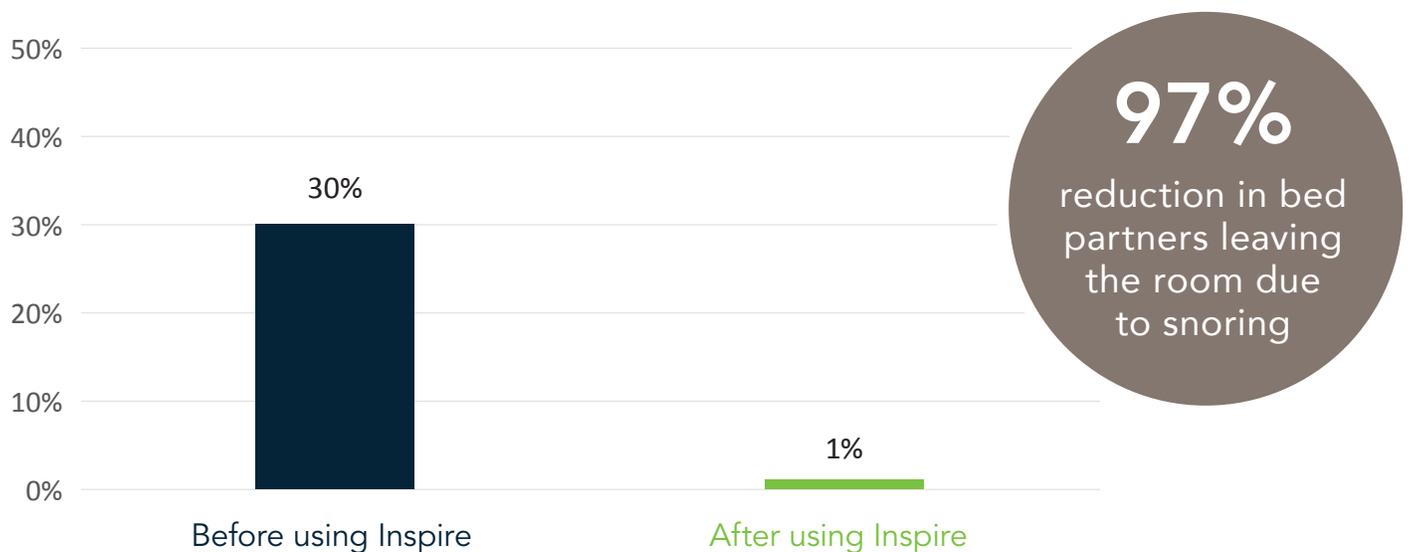
1. Woodson et al. Three-Year Outcomes of Cranial Nerve Stimulation for Obstructive Sleep Apnea, The STAR Trial. OTO-HNS, Nov 2015.  
2. Gillespie et al. Upper Airway Stimulation for Obstructive Sleep Apnea: Patient- Reported Outcomes after 48 Months of Follow-up. OTO-HNS, Feb 2017.

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



# Rest Easy.

A doctor trained on Inspire will evaluate if Inspire therapy is right for you.

During an office visit, the doctor will review your:



## SLEEP STUDY RESULTS

- If you have not had a sleep study within the last three years, you may need a new one
- Sleep studies can be performed at home or in a sleep lab



## SLEEP APNEA SEVERITY & HISTORY

- Inspire is intended for moderate to severe obstructive sleep apnea patients who are unable to use or get benefit from CPAP



## BODY MASS INDEX (BMI)

- BMI is a calculation based on height and weight
- To calculate your BMI, visit [App.InspireSleep.com](https://www.inspiresleep.com) and click "Do I Qualify" along the header bar



## OVERALL HEALTH

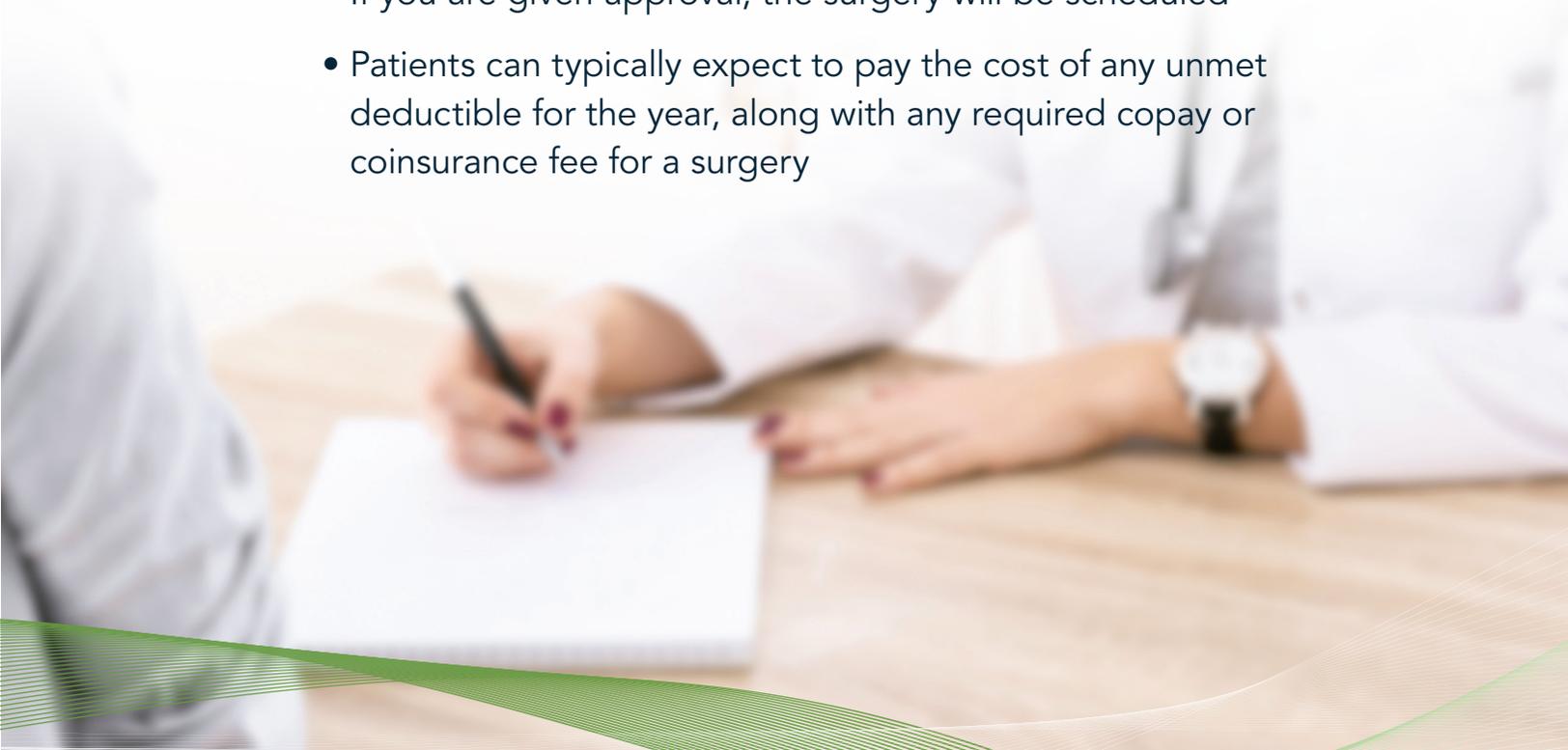


## AIRWAY ANATOMY

- Your airway anatomy will be checked during an airway exam. The exam will help your doctor find the airway blockage that is causing your sleep apnea

Based on your results, the doctor will let you know if you're a good candidate for Inspire and start the insurance process.

- Inspire therapy is being reviewed and approved by insurance providers on a case by case basis
- As of January 2018, **over 230 insurance providers have covered the cost of the procedure**, while Medicare is approving Inspire therapy based on medical necessity
- Inspire is also on the **Federal Supply Schedule**, making it available for active military members, veterans, and their beneficiaries at select VA and military hospitals across the US
- The insurance team at Inspire Medical Systems will work with your doctor to submit a request for insurance approval before the procedure
- If you are given approval, the surgery will be scheduled
- Patients can typically expect to pay the cost of any unmet deductible for the year, along with any required copay or coinsurance fee for a surgery





# 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 150 leading medical centers across the United States.**

Visit [InspireSleep.com](http://InspireSleep.com) to hear from people like you who have chosen Inspire therapy to treat their obstructive sleep apnea.

- Watch *Inspired Lives*, a short video series featuring real patients discussing their lives before and after Inspire therapy
- Schedule a one-on-one conversation with a volunteer Inspire Patient Ambassador

Connect with us to hear the latest news:



@inspiresleep



inspiresleep



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. Indications, contraindications and important safety information can be found on [InspireSleep.com](http://InspireSleep.com).