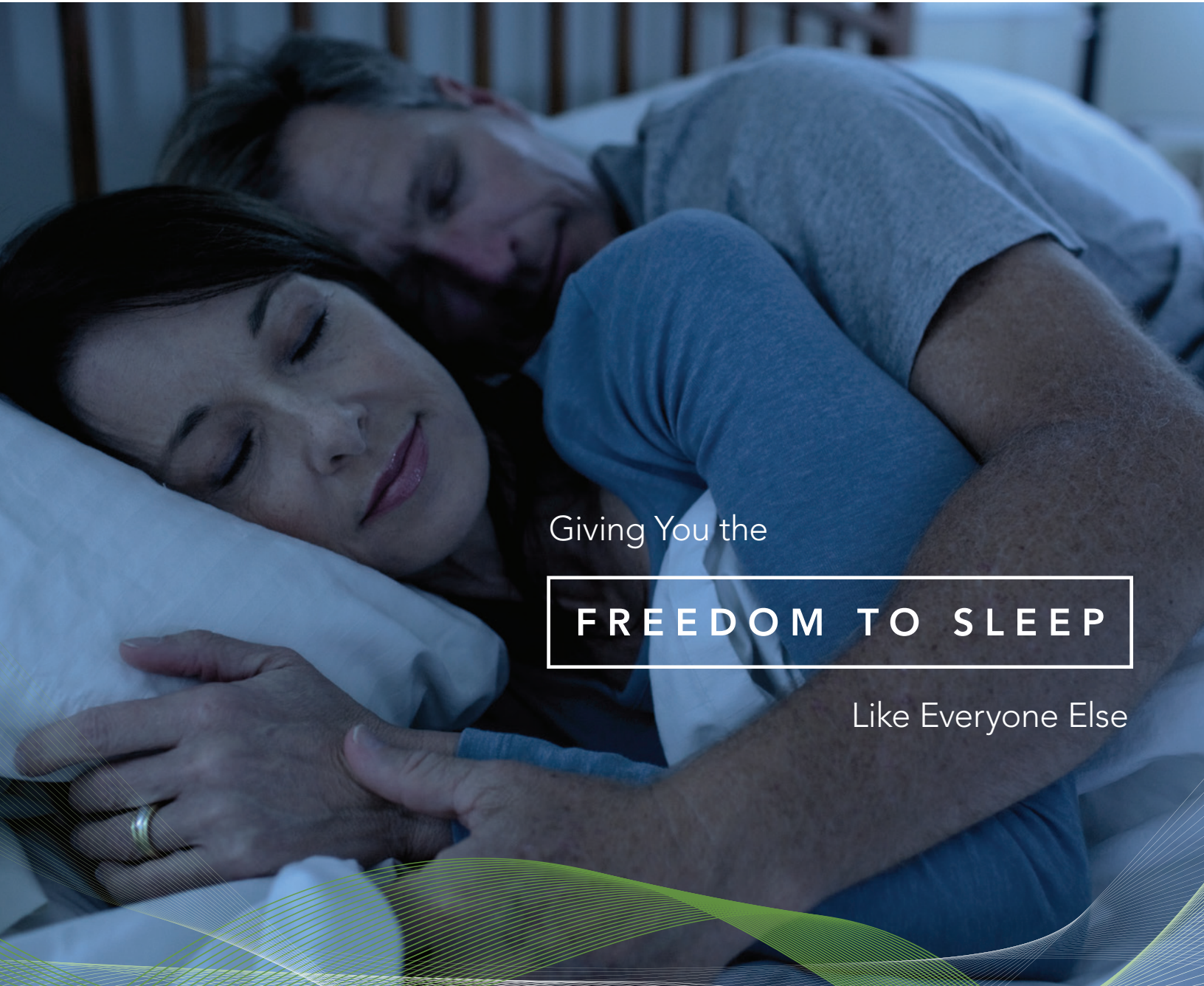




# Inspire Therapy for Sleep Apnea

## Patient Guide



Giving You the

**FREEDOM TO SLEEP**

Like Everyone Else

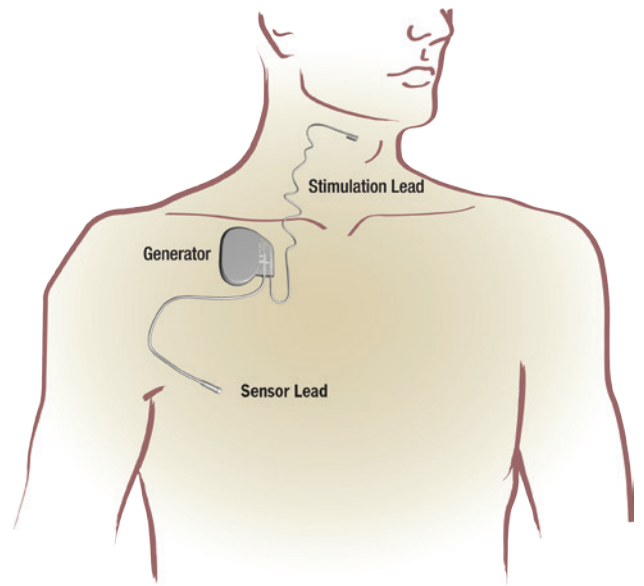


# Take Comfort.

Inspire therapy can help.

Inspire is a breakthrough therapy for people with Obstructive Sleep Apnea (OSA). While you are sleeping, Inspire monitors every breath you take. Based on your unique breathing patterns, the system delivers mild stimulation to key airway muscles, which keeps the airway open during sleep. Using the small handheld sleep remote, simply turn Inspire therapy on at night before bed and off in the morning when you wake up.

**Inspire therapy lets you take control of your sleep apnea and can give you the restful night's sleep you've been missing.**



*“With Inspire, I have a great night’s sleep—and I dream again.”*



# 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.**



**Struggles with continuous positive airway pressure (CPAP) machines**



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

# Have Confidence.

Inspire therapy is clinically proven and FDA approved.

Results from the STAR clinical trial were published in the *New England Journal of Medicine*<sup>1</sup>. In the STAR Trial, patients implanted with Inspire therapy experienced significant reductions in sleep apnea events and significant improvements in quality of life measures.



**68%**  
reduction  
in episodes  
of sleep apnea

Significant  
improvements in  
quality of life  
and daytime  
functioning\*

Reduced snoring:  
**85%**  
of bed partners  
reported no  
or soft snoring\*\*

A full list of benefits and risks can be found at [www.InspireSleep.com](http://www.InspireSleep.com)

\*As measured by the Epworth Sleepiness Scale (ESS) and Functional Outcomes of Sleep Questionnaire (FOSQ).

\*\* Inspire Medical Systems clinical database.

1. Strollo PJ Jr, Soose RJ, Maurer JT, et al. Upper-airway stimulation for obstructive sleep apnea. *N Engl J Med.* 2014;370(2):139-149.



*“With Inspire, I feel much better—I feel younger,  
I feel sharper.”*



The quotes in this brochure are from real people using Inspire therapy. To find out more about their stories please visit [www.InspireSleep.com](http://www.InspireSleep.com).



### 3: INSPIRE PROCEDURE

- The Inspire system is typically implanted during an outpatient procedure; most people return home the same day.
- You may have some discomfort and swelling at the small incision sites for a few days. This can usually be managed with ibuprofen or acetaminophen.
- Most people return to a regular diet and non-strenuous activities within a few days.

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

#### PROCEDURE NOTES:

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

### FREEDOM TO SLEEP LIKE EVERYONE ELSE

Now you are ready to enjoy a quiet, comfortable and restful night's sleep.



Inspire Sleep Remote



# Wake Up Inspired.

Inspire therapy is an FDA approved treatment for Obstructive Sleep Apnea (OSA) that:

- Reduces sleep apnea events
- Provides relief without a mask or oral appliance
- Works with your body's natural breathing process
- Is simple and easy to use

Inspire therapy is for people who:

- Have been diagnosed with moderate to severe OSA with an apnea-hypopnea index (AHI) between 20-65
- Struggle with or cannot get consistent benefit from CPAP treatment
- Are not significantly overweight

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).

## Additional Resources:

[www.InspireSleep.com](http://www.InspireSleep.com)

- Learn more about Inspire therapy
- Hear from people like you who have chosen Inspire therapy

Connect with us to hear the latest news:

