FACT SHEET: INSPIRE® THERAPY

What is Inspire therapy?

- Inspire therapy is a promising new FDA-approved treatment for people with moderate to severe Obstructive Sleep Apnea (OSA) who are not receiving consistent benefits from continuous positive airway pressure (CPAP).
- Inspire therapy is a fully implanted system that delivers mild stimulation to keep a patient’s airway open during sleep.
- Inspire therapy does not require a mask.
- Results from the STAR clinical trial, recently published in the New England Journal of Medicine, showed that Inspire therapy can significantly reduce sleep apnea events and significantly improve patient quality of life measures.

How does Inspire therapy work?

- Inspire therapy is a fully implanted system, controlled with a small handheld Inspire sleep remote.
- The implanted system consists of three fully implanted components: a small generator, a breathing sensor lead, and a stimulation lead.
- When activated, Inspire therapy senses breathing patterns and delivers mild stimulation to key airway muscles, which keeps the airway open during sleep.
- A patient simply turns the therapy on before bed and off upon waking using the handheld Inspire sleep remote.
- The Inspire system is typically implanted during an outpatient procedure.
- After implantation, physicians optimize therapy settings for a patient during a routine sleep study.
- A patient will then typically return once a year for a checkup.
The STAR Trial

- The STAR trial was a clinical trial designed to evaluate the safety and effectiveness of Inspire therapy.
- The STAR trial enrolled patients that had the following characteristics:
  - Moderate to severe Obstructive Sleep Apnea
  - Unable to achieve consistent benefits from CPAP therapy
  - Body-mass index (BMI) of <32
  - Passed a comprehensive airway anatomy examination
- The STAR trial was conducted at 22 leading medical centers across the United States and Europe.
- The STAR trial results were published in the January 9, 2014 edition of the *New England Journal of Medicine*.
- The STAR trial showed that Inspire therapy can significantly reduce sleep apnea events and significantly improve patient quality of life measures:
  - 68% median reduction in apnea-hypopnea index (AHI)
  - 70% median reduction in blood oxygen desaturation index (ODI)
  - Significant improvement in daytime functioning as measured by Epworth Sleepiness Scale (ESS) and Functional Outcomes of Sleep Questionnaire (FOSQ)

Inspire Therapy Advantages

- Clinically proven to provide significant reductions in OSA and significant improvements in quality of life
- In contrast to conventional OSA surgeries, Inspire therapy preserves natural airway and facial anatomy
- Does not require a mask or oral appliance
- Simple and easy-to-use, putting patients in control of their OSA

Safety information for Inspire therapy is provided at www.InspireBetterSleep.com. Information at this site should not be used as a substitute for patients talking with their doctor. Patients are encouraged to review this safety information and talk with their doctor about diagnosis and treatment options.

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