



Patient Guide

Getting started with Inspire® therapy



**No mask.
No hose.
Just sleep.**™

A guide for patients: Getting started with Inspire® therapy

Inspire is the only FDA-approved obstructive sleep apnea (OSA) therapy that works inside the body to treat the root cause of sleep apnea. It delivers gentle pulses to help open the airway and regulate breathing, so you can sleep soundly.

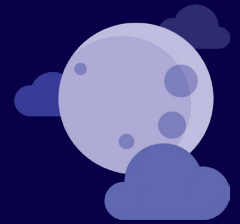
This booklet provides an overview of the Inspire process.

Inside you'll find:

- The qualifications for Inspire
- An OSA symptoms tracker to share with your doctor
- A list to help you prepare for your Inspire consult appointment
- A brief overview of the Inspire process milestones
- Answers to frequently asked questions (FAQ)



Notes:



Connect with an Inspire Advisor

Our team of Inspire Advisors are ready to help you. They can answer your questions, help you find an Inspire-trained doctor in your area and help you set up an initial consultation.



Call 844-422-9090

Available Monday-Friday
7am – 8pm CT



Connect 24/7

On inspiresleep.com

Do you qualify?

Based on FDA indications, you must meet the following criteria to be a candidate for Inspire:

- ✓ You are age 18 or above
- ✓ You have been diagnosed with moderate to severe obstructive sleep apnea (OSA)
- ✓ You are unable to use or get consistent benefit from your CPAP

Inspire has been clinically tested in patients with a body mass index (BMI) up to 40. Most insurance policies have a BMI policy in place for Inspire qualification. Talk to your insurance provider to learn more.



Your doctor will ask you the following questions to help determine if you are a candidate for Inspire. Feel free to bring your answers with you to your appointment.

1. Have you been diagnosed with obstructive sleep apnea (OSA)?

☐ Yes ☐ No

2. Have you tried CPAP?

☐ Yes ☐ No

3. Do you struggle with CPAP?

☐ Yes ☐ No

4. When was your last sleep study?

☐ 0-2 years ago ☐ 2+ years ago ☐ I have never had a sleep study

Additional notes:

Your doctor can refer you to an Inspire-trained doctor for an Inspire consult appointment.

Next: Track your sleep apnea symptoms and concerns ►

Sleep apnea symptoms tracker

If you meet the basic eligibility requirements, your doctor will need to understand how your sleep apnea is impacting your health and well-being.

Below, you'll find questions about your sleep concerns and symptoms. Answer these questions to the best of your ability and share your answers with your doctor.

1. Do you snore or does your bed partner say you snore?

☐ Yes ☐ No

2. Do you regularly wake up with headaches?

☐ Yes ☐ No

3. Do you have trouble completing daily tasks because you are too tired?

☐ Yes ☐ No

4. Do you have trouble remembering things, such as where you put something, something you saw or something read recently?

☐ Yes ☐ No

5. Do you wake up to use the bathroom? If so, circle how many times?

1	2	3	4	More than 4
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6. How would you rate your overall quality of sleep on a scale of 1-5?

A horizontal scale with five points labeled 1, 2, 3, 4, and 5. Below the scale, the text 'Poor Quality' is positioned under the number 1, and 'High Quality' is positioned under the number 5. The scale is represented by a horizontal line with arrows at both ends.

Next: Prepare for your Inspire consult appointment ➡

Prepare for your Inspire consult appointment

Next, you'll want to meet with an Inspire-trained doctor for a consultation to better understand if Inspire is right for you.

Inspire consult date: _____

During your appointment, your Inspire-trained doctor will need information about your OSA symptoms and concerns. It will be very helpful to:

- Bring your answers you wrote down on the previous page (p. 5-6).
- Bring a copy of your most recent sleep study

You can request a copy of your most recent sleep study from your doctor or the sleep clinic that performed your study.

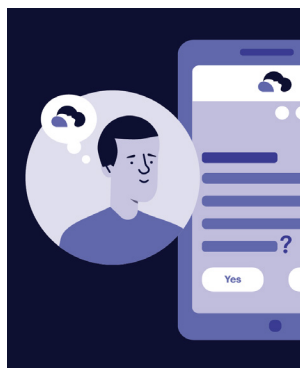
- Be ready to discuss your:
 - Sleep quality and concerns
 - Experience using CPAP therapy
 - Use of prescription sleep medication(s)
 - Questions about Inspire

For your convenience, use the space below to write down your questions.

Next: Check out the Inspire process ➡

The Inspire process

Here's a quick overview of what to expect on your journey to better sleep.



Learn about Inspire

First, check to see if you meet the basic qualifications for Inspire. You also can learn more about how Inspire works at inspiresleep.com



Inspire consult appointment

Meet with an Inspire-trained doctor. They will ask you questions about your sleep apnea and your experience with CPAP therapy. If you and your doctor determine Inspire may be right for you, your doctor will help guide you to the next steps.



Airway exam

The airway exam is a routine procedure done at a hospital or surgery center to confirm you're a good candidate for Inspire. During the exam, a doctor will use a tiny camera to look inside your airway. It usually takes about 20 minutes, and most patients feel little to no discomfort during the procedure.



Pre-screening

[View next page for next steps >](#)



Inspire procedure

During an outpatient procedure that takes about two hours, an Inspire-trained doctor will make two small incisions to place the implant under your skin. After the procedure, most patients take over-the-counter pain medication and are able to resume non-strenuous activities within a few days.



Turn on Inspire

A follow-up office visit will be scheduled about a month after the procedure. During this appointment, your doctor will turn on Inspire. You will get your Inspire remote and learn how to use it. Over the next few weeks, you will work with your doctor through a “step-up process” to adjust the device settings to best meet your needs.



Fine-tune sleep study

After a few months of using Inspire, you will have a follow-up sleep study. This sleep study helps ensure your sleep goals are being met.



Life with Inspire

Once you and your doctor determine the best Inspire settings for you, the process is complete! From here, you'll meet with your sleep doctor as needed – usually 1-2 times per year – to check the quality of your sleep.



Next: Get answers to frequently asked questions ➡

Frequently asked questions

How does Inspire work?

Inspire is an alternative to CPAP that works inside your body while you sleep. When you're ready for bed, simply click the remote to turn Inspire on. While you sleep, Inspire opens your airway, enabling you to breathe regularly and sleep soundly.

What does Inspire feel like?

The stimulation is a very gentle pulse designed to move the tongue forward without disturbing your sleep. Inspire feels like a mild muscle contraction. It should not be painful or uncomfortable.

Will Inspire help with my snoring?

For Inspire patients, a significant decrease in snoring has been found – 90% of bed partners report no or soft snoring by their partner.¹

1. Woodson et al., OTO-HNS 2018.



What types of medical imaging are compatible with Inspire?

Inspire patients can undergo most medical imaging across the entire body. Full-body MRIs are allowed with the latest version of Inspire (Generator Model 3028). Depending on the type of MRI scan, imaging results may vary, and specific MRI conditions need to be followed. Please talk to your doctor if you have additional questions.

Does my insurance cover Inspire?

Most U.S. insurance providers, including Medicare and Veterans Affairs (VA) cover Inspire as an alternative to CPAP.

Can I travel with Inspire?

Yes, it is safe to travel through airport security with Inspire.

Where can I learn more?

Visit www.inspiresleep.com/faq/ for more information.



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Goodnight.

Inspire is not right for everyone. Talk to your doctor about risks, benefits and expectations associated with Inspire therapy. Risks associated with the surgical implant procedure may include infection and temporary tongue weakness. Some patients may require post implant adjustments to the system's settings in order to improve effectiveness and ease any initial discomfort they may experience. Important safety information can be found at www.InspireSleep.com.

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