



**No mask.
No hose.
Just sleep.™**

What is the Inspire[®] implant?

For patients who struggle with CPAP, Inspire is a long-term low-maintenance solution to treat obstructive sleep apnea (OSA) that doesn't require a mask or hose.

How Inspire works

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, allowing you to breathe regularly and sleep peacefully.



Qualifications for Inspire

You may qualify for Inspire if you meet the following FDA criteria*:

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

*To be eligible for insurance coverage, you typically need a BMI, or body mass index, below 35. Talk to your doctor about any concerns you may have regarding your BMI, and how they may be able to help.

Real patients recommend Inspire

Inspire is proven to be a safe and effective way to reduce the number of sleep apnea events people with OSA experience each night by 79%.¹

91% of people with Inspire say they are satisfied with Inspire.²

92% of people with Inspire say if given the chance, they would choose to receive Inspire again.³

94% of people with Inspire say it is better than CPAP and they would recommend Inspire to a friend.²

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

2. Heiser et al., ERJ 2019.

3. Bosschieter et al. Similar effect of hypoglossal nerve stimulation for OSA in five disease categories. J Clin Sleep Med. 2022 Jun 1;18(6):1657-166.

Moving forward with Inspire

Initial appointment: What to expect

An Inspire trained doctor will determine if Inspire is the right fit for you. They will look at your sleep study and, if needed, assist in getting an updated study. For insurance purposes, most sleep studies need to have been performed in the last two years.

At your initial appointment, you can expect to talk to your doctor about your experience with sleep apnea and CPAP. You can also ask any questions you may have.

Airway exam

If your doctor determines you're a good candidate for Inspire, you will schedule an airway exam. In this approximate 20-minute routine exam, the doctor will look inside your airway with a small camera to ensure Inspire is the right treatment for you.

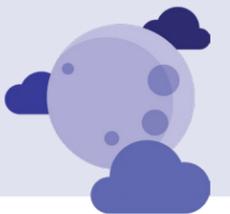
Same-day procedure

Inspire is placed under the skin with two small incisions, during an outpatient procedure that takes about two hours. Most patients take over-the-counter pain medication and resume non-strenuous activities within a few days.

Turning on Inspire

About a month after the procedure, Inspire will be turned on during an office visit. This is where you will receive your Inspire Sleep Remote and instructions on how to use it. As you step up levels and get used to sleeping with Inspire, you'll have follow-up appointments with your doctor to determine which settings are best for you. After using Inspire at home for a few months, you will return to the doctor's office to fine-tune Inspire during an overnight sleep study.

Get the sleep you've been dreaming of...



Ready to take the next step?

Call the Inspire Advisor Care program at **844-422-9090** to get started. Advisors can answer your questions about Inspire and help connect you with an Inspire trained doctor in your area. Advisors are available from 7 am to 8 pm CST, Monday through Friday.

Is Inspire covered by insurance?

If you have medical coverage, you will likely have coverage for Inspire. The Inspire implant is widely covered by a majority of traditional, Medicare and Veterans Affairs (VA) insurance plans if you meet coverage policy criteria.

Is Inspire covered by Medicare and VA?

Most major insurance providers, including Medicare, have positive coverage policies for Inspire and allow for prior authorization. Currently, Inspire also is available at select VA and military hospitals across the U.S. Talk to your doctor to learn more.

Is Inspire DOT approved?

Like CPAP, an Inspire doctor can print out a usage record of Inspire to show the medical examiner that you are using your prescribed sleep apnea treatment. By providing compliance, there should be no issues renewing your commercial driver's license.

What does the stimulation feel like?

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

How long does the battery last?

The battery in Inspire is designed to last for approximately 11 years. Once it is running low, it is replaced with an outpatient procedure.

How long is the recovery time after the procedure?

Like any outpatient procedure recovery, time will vary. Most patients return home the same day and take over-the-counter pain medication if needed. You may return to regular, non-strenuous activities within a few days or as directed by your doctor. Most patients have a full recovery within a couple of weeks.

How often should my doctor check the Inspire Implant?

Once you and your doctor determine the best settings for you, your doctor will check the status of your device once or twice a year.

Am I still a candidate for Inspire if I have a pacemaker or other implanted devices?

If you have another implanted device, you may still be a candidate for Inspire. An Inspire trained doctor will evaluate the device and determine if Inspire is right for you.

Will Inspire limit my activities?

Inspire should not limit regular daily activities once you are fully healed. You should ask your Inspire trained doctor about any strenuous activities, or those that entail an extensive or unpredictable range of motion in your upper body or arms.

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.

Is there an opportunity to hear from Inspire patients?

Listen to dozens of Inspire patients share their story at [inspiresleep.com/ambassadors](https://www.inspiresleep.com/ambassadors).

Will I be able to go through TSA?

It's safe to travel through airport security with Inspire. Always make sure to carry your Inspire ID card. It is fine to go through the millimeter wave detection scanner and to walk through the metal detector, but walk directly through without lingering. Consult your Inspire trained doctor or Inspire manual for more information.



Learn more about Inspire

Visit www.inspiresleep.com to learn more



Goodnight.

Inspire is not for everyone. It is a surgically implanted system that is intended to treat obstructive sleep apnea in patients who are not effectively treated by, or able to tolerate CPAP. Talk to your doctor about risks, benefits and expectations associated with Inspire. Risks associated with the surgical implant procedure may include infection and temporary tongue weakness. In rare cases tongue paresis and atrophy may occur. 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 and product manuals can be found at inspiresleep.com/safety-information/ or call 1-844-OSA-HELP.

Inspire, the cloud design and No Mask. No Hose. Just Sleep. are trademarks or registered trademarks of Inspire Medical Systems, Inc. © 2023 Inspire Medical Systems, Inc. All rights reserved.
800-891-001, Rev A.