



You Have Questions Inspire Medical Systems has Answers

The Frequently Asked Questions (and answers) below reflect what most OSA patients want to know about Inspire therapy—and what makes it so unique. However, if you have a question that isn't answered here, please call us at: (844) 680-5629.

What is Obstructive Sleep Apnea?

Obstructive Sleep Apnea (OSA) is a prevalent health issue that affects an estimated 18 million Americans. OSA occurs when the tongue and other soft tissues of the airway relax during sleep and obstruct the airway. Airway obstruction can happen at the soft palate, tongue, or in many cases, both locations. When oxygen levels in the blood decrease, the brain senses a problem and arouses the body from sleep just long enough to open the airway. This cycle of obstruction and waking can repeat dozens of times per hour throughout the night, disrupting sleep. People with moderate to severe OSA will have 20 or more apnea events per hour. OSA can lead to secondary health issues such as high blood pressure, heart disease, stroke, and other health risks.

How does Inspire therapy work?

Inspire therapy is a fully implanted system controlled by you with the small handheld Inspire sleep remote. Simply turn the therapy on before bed and off upon waking using the 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 continuously monitors your breathing patterns during sleep and delivers mild stimulation to key airway muscles, which keeps the airway open. Inspire therapy does not require a mask or oral appliance.

Am I a good candidate for Inspire therapy?

Inspire therapy is indicated for patients with the following characteristics:

- 22 years of age or older
- Have been diagnosed with moderate to severe Obstructive Sleep Apnea (OSA)
 - Apnea-hypopnea index (AHI) between 20-65
 - <25% central sleep apnea
- Could not use or tolerate Continuous Positive Airway Pressure (CPAP) treatment
- Pass a comprehensive airway anatomy exam
- Do not have certain diseases or conditions that may disqualify you as an Inspire therapy candidate

Please note Inspire therapy has not been tested in people with a body mass index of >32



Will Inspire therapy address snoring?

Data from the STAR clinical trial showed that 85% of bed partners reported either no snoring or soft snoring for their partners using Inspire therapy. However, it is important to note that while Inspire therapy may improve snoring, it is not intended to treat snoring.

What does the stimulation feel like?

You should feel a mild sensation from the stimulation. Typically, patients feel a tingling sensation or mild contraction in their tongue muscles. The stimulation should not be painful or uncomfortable.

Will I be able to increase or decrease the strength of stimulation?

Yes. A range of stimulation will be programmed by your doctor, and the Inspire sleep remote allows you to adjust the strength of stimulation. You will only be able to adjust the stimulation within this preset range.

What makes up the Inspire system?

The system consists of three fully implanted components: a small generator, a breathing sensor lead, and a stimulation lead, all controlled by the Inspire sleep remote. The components are implanted on the right side of your chest.

Will insurance companies cover Inspire therapy?

Inspire therapy is supported by high level clinical evidence. Inspire Medical Systems will work with medical centers to facilitate the coverage process for patients who need treatment and could benefit from Inspire therapy.

How long will the generator battery last?

The battery life of the generator depends on the number of hours you use it each night and the strength of your stimulation. Most batteries last for 8-11 years. The generator battery cannot be recharged.



What does the surgical procedure involve?

The Inspire system is implanted in a hospital, under general anesthesia, and is typically an outpatient procedure. Incisions are made for the insertion and connection of the sensing lead, the stimulation lead, and the pulse generator. As with any surgical procedure, there are risks that you should be aware of. You should discuss the specifics of the procedure with your doctor.

How long is the recovery time after surgery?

You should expect some pain and swelling at the incision sites for a few days after the implant. Based on your recovery, you may be able to go home the same day you have the surgery, or your doctor may want to keep you overnight. Within a few days following the procedure, you should be able to return to normal non-strenuous activities. You should avoid strenuous activities for about two weeks, or as directed by your doctor. A week after surgery, your doctor will examine you to make sure you are healing properly. Most patients have a full recovery within a couple of weeks.

Will the Inspire system limit my activities?

Generally, no. However, you should ask your doctor about any activities that are particularly strenuous (e.g., weight lifting) or that entail a large or unpredictable range of motion of your upper body and/or arms (e.g., working as a firefighter). Your doctor may ask you to refrain from certain activities.

How often should the doctor check the Inspire system?

Generally, the Inspire system should be checked 1-2 times a year. However, your doctor may want to see you more or less often, depending on your situation.

Are there medical imaging technologies that should be avoided?

Once you have Inspire therapy, you should not undergo an MRI. The magnetic fields of MRI scanners may cause harm to components of the Inspire system and may also cause tissue damage. Alternative imaging technologies such as CT, ultrasound, and others may be most suitable for you. Discuss your options with your doctor.

Can I use a microwave oven and common household appliances?

Yes, you may use a microwave oven and common household appliances that do not emit strong magnetic fields.