



Doctor Discussion Guide

Preparing for your Inspire® therapy
consult appointment



No mask. No hose. Just sleep.™

A guide for patients

Inside you'll find:

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



Notes:



Connect with an Inspire Advisor

Our team of Inspire Advisors is 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 Inspire therapy consultation.



Call 844-422-9090

Available Monday-Friday
7am – 8pm CST



Connect 24/7

On inspiresleep.com

Qualifications for Inspire therapy

To be a candidate for Inspire therapy, you must meet the following FDA indications:

- ✓ Age 18 or older
- ✓ Diagnosed with moderate to severe OSA
- ✓ Have tried and struggle with CPAP

Inspire therapy has been clinically tested in people with a body mass index (BMI) up to 40. Over 90% of U.S. adults' are within this range. Most insurance policies have a BMI policy in place for Inspire therapy qualification. Talk to your provider or Inspire therapy-trained doctor for more information.



This image is not shown to scale.

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

1. Have you been diagnosed with 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:

Prepare for your Inspire therapy consult appointment

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

Inspire therapy 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 therapy

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



Talk to your doctor about Inspire therapy

To learn more about Inspire therapy and view educational videos and resources visit inspiresleep.com/educate or scan the QR code with your mobile phone.

The Inspire therapy process

Here's a quick overview of what to expect on your journey to better sleep.²



Learn about Inspire therapy

Answer a simple questionnaire to find out if Inspire therapy may be right for you. Visit inspiresleep.com to learn more.



Pre-screening process

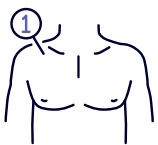
Attend an Inspire therapy consultation appointment

Meet with an Inspire-trained doctor. They will ask you questions about your OSA and your experiences with CPAP to help guide you through next steps.



Complete an airway exam

Your Inspire-trained doctor will refer you for an airway exam. This is a simple routine checkup to confirm the Inspire implant will work for you. It usually takes about 20 minutes.



Get the Inspire[®] implant

The small Inspire implant is placed near your collarbone during a safe, approximately 90-minute outpatient procedure. The vast majority – 99.6% – of Inspire implant procedures are successfully completed without any major complications.³



Turn on Inspire therapy

During a follow-up appointment, your doctor will turn on your Inspire therapy. You also will get your Inspire™ remote, learn how to use it and discuss your step-up process plan.



Complete a follow-up sleep study

The final step in the Inspire therapy process is a follow-up sleep study to verify Inspire therapy is meeting your “sleep better” goals. Once you and your doctor determine the best Inspire therapy settings for you, the process is complete! You'll meet with your sleep doctor as needed – usually 1-2 times per year – for checkups.

Frequently asked questions

How does Inspire therapy work?

When we sleep, our airway muscles and tongue relax. For people with OSA, the tongue relaxes into a position that blocks the airway. The small Inspire implant delivers gentle pulses to your airway muscles to keep your airway open while you sleep, so you can breathe regularly and sleep soundly. Inspire therapy is turned on and controlled by the small handheld Inspire remote.

What does Inspire therapy feel like?

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

Will Inspire therapy help with my snoring?

For Inspire therapy patients, a significant decrease in snoring has been found— 90% of bed partners report no or soft snoring by their partner.²

Can I get an MRI with Inspire therapy?

Inspire therapy patients can undergo most medical imaging across the entire body. Full-body MRIs are allowed with the latest version of the Inspire implant (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 therapy?

Medicare, Veterans Affairs (VA) and most U.S. commercial insurers cover Inspire therapy. Most insurance policies include the pre-screening airway exam, procedure and any follow-up appointments.

Will I be able to go through airport security?

Tell the airport security agent that you have an implanted device and show them your medical device identification card. Consult your Inspire-trained doctor or Inspire therapy manual for more information.



Where can I learn more?

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



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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.

1. "Overweight & Obesity Statistics - Niddk." National Institute of Diabetes and Digestive and Kidney Diseases, U.S. Department of Health and Human Services, Sept. 2021.
2. Woodson BT, Strohl KP, Soose RJ, et al. Upper Airway Stimulation for Obstructive Sleep Apnea: 5-Year Outcomes. Otolaryngology Head Neck Surgery 2018; 159(1):194-202
3. Suurna et al, ADHERE Registry 2020 Update, Laryngoscope, 00:1=9, 2021