

Clinician Guide

# Inspire SleepSync™

## Patient Management Platform



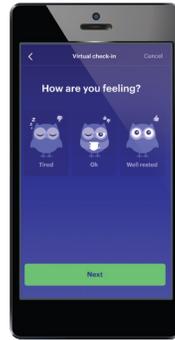
- Wireless and Automatic Therapy Monitoring
- Efficient Care Coordination
- Dynamic Patient Engagement

### Inspire Patient



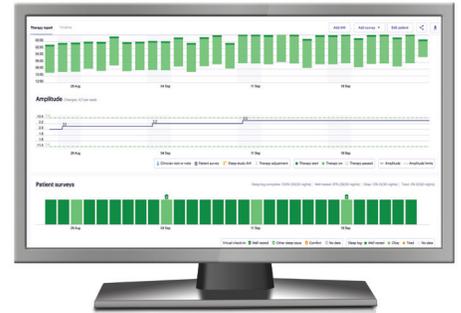
Bluetooth remote sends **adherence data** to the patient's smartphone

### Inspire Sleep App



Patients have the option to add **sleep logs** and complete surveys sent by clinicians

### Inspire SleepSync™



Therapy quality measures are available on **sleepsync.net** wirelessly and automatically

## Accessing SleepSync

1. Navigate to [SleepSync.net](https://sleepsync.net)
2. Login using your Inspire credentials
  - Two-factor authentication is required when logging in from a new network

Need to add a new user? The clinic admin can do this via [access.inspiresleep.net](https://access.inspiresleep.net)

## Navigating SleepSync

The screenshot shows the SleepSync web interface with the following navigation elements labeled:

- Clinic Patient**: Points to the 'Patients' menu item in the top navigation bar.
- Practice Outcomes**: Points to the 'Practice' menu item.
- Clinic Settings**: Points to the 'Practice Settings' menu item.
- Notifications**: Points to the notification bell icon in the top right.
- Merge Suggestions**: Points to the person icon in the top right.
- Clinic Selections and Profile Settings**: Points to the user profile dropdown menu in the top right.
- Patient List Selection**: Points to the 'Therapy (6)' and 'Evaluation (4)' tabs in the patient list header.
- Filters**: Points to the 'Utilization (2)', 'Patient surveys (1)', and 'Updates past 30 days (1)' filter buttons.

# Evaluation List

A simple and secure way to monitor patient progress prior to implant between care teams

| Patients  |  |                |  |  |  | Search patients... | Add patient |
|---|--|----------------|--|--|--|--------------------|-------------|
| Therapy (6)   |  | Evaluation (4) |  |  |  | Status: Active     |             |
| Patient info  |  | Visits         |  |  | Latest care team update  |                    |             |
| <b>Scheduled Shelly</b><br>DoB: --- De-identified ID: KY0004-58455 Patient ID: --- BMI: 29 App linked: Yes  |  |                |  |  | 23 Sep 2022<br>Implant was shared with you by ENT South Practice       |                    |             |
| <b>Sleepy Sally</b><br>DoB: --- De-identified ID: KY0004-54263 Patient ID: --- BMI: --- App linked: Yes     |  |                |  |  | 22 Sep 2022<br>Patient added Sleep Practice                            |                    |             |
| <b>Workup Wally</b><br>DoB: --- De-identified ID: KY0004-71753 Patient ID: --- BMI: --- App linked: No      |  |                |  |  | 12 Sep 2022<br>Airway exam was shared with you by ENT South Practice   |                    |             |
| <b>Concentric Connie</b><br>DoB: --- De-identified ID: GA0001-90776 Patient ID: --- BMI: 31 App linked: Yes |  |                |  |  | 24 Jul 2022<br>Patient accepted connection request from Sleep Practice |                    |             |

## Adding & linking patients

### Option 1: Clinic Initiated

1. Click "Add patient"
2. Complete the desired fields
3. Completing the email address field will automatically send an email to the patient with a request to download the Inspire Sleep app. After the patient's app account creation, they can accept your connection request.

**Note:** please ensure the patient creates an account on their Inspire Sleep app using the SAME email address.

### Option 2: Patient Initiated

1. Direct the patient to find you in the Inspire Sleep app via "Find a Doctor" and click "Connect & share"
2. You will receive an email confirmation
3. Patient entered information (name, DOB, etc.) will appear in their SleepSync profile



## Sharing a patient to another clinic

1. Open a patient's profile and click the 'Share' button in the care team section
2. Select the practice you would like to add to the patient's care team



**Note:** if you have not shared with the desired practice before, you will need to select "Invite" and enter an email address for a user at the receiving practice.

## Adding and sharing updates

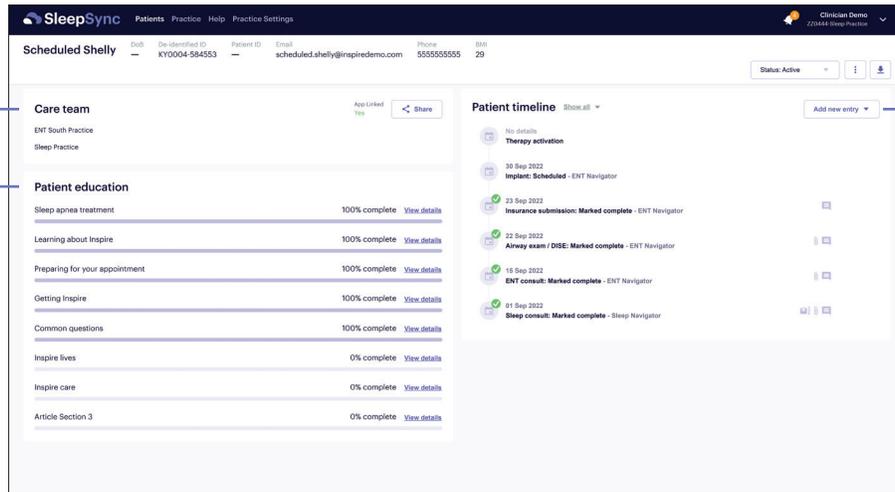
1. Make updates to stages within the patient Timeline by adding notes or uploading files
2. Selecting "Save and notify care team" will trigger a Portal notification and a daily email to your care team partners



## Evaluation patient overview

**Care Team**  
View and add clinics involved in the patient's care

**Patient Education**  
See the videos the patient has viewed within the app



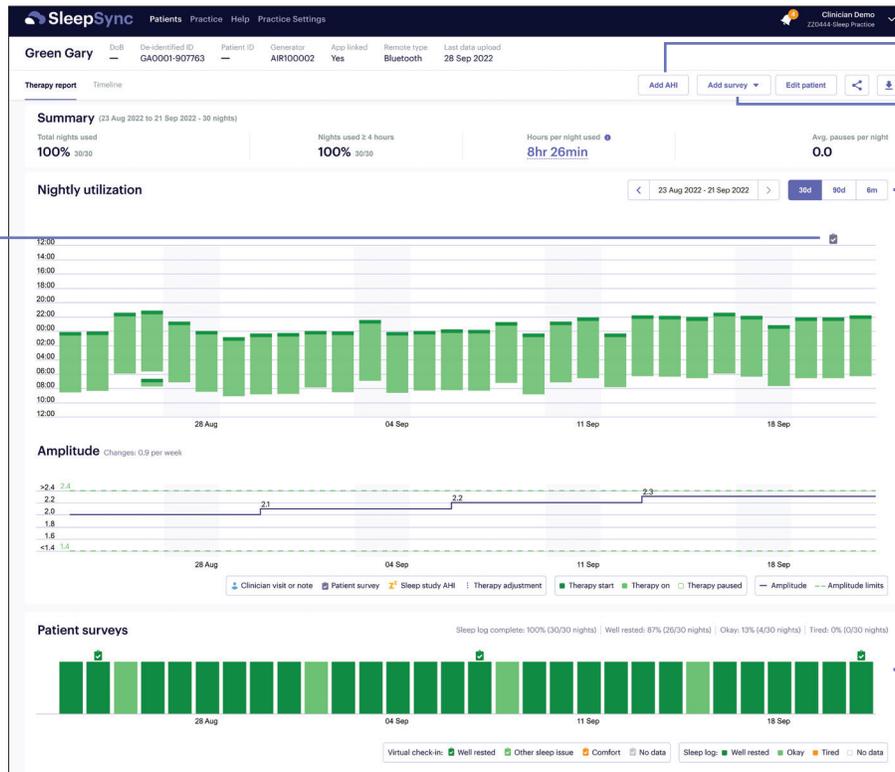
**Patient Timeline**  
Add to and review visits with notes and documents

## Therapy patient overview

**Utilization**  
View summarized usage metrics

**Event Markers**  
Note when events occurred in relation to nightly adherence

**Amplitude**  
View therapy levels



**Add AHI**  
**Add ESS or Virtual Check-in**

**Timeframe**  
Select adherence report timeframe

**Symptom Surveys**  
Sleep logs and Virtual Check-ins

# Virtual Check-in and ESS Surveys

Efficiently schedule surveys to review patient symptom data review patient symptom data

## 1) Schedule survey

Confirm the patient has their app linked to your clinic. Select "Add Survey" on the patient overview. Choose the start date, frequency, and duration of surveys

The screenshot shows the SleepSync interface for a patient named 'Rested Rusty'. The patient's status is 'App linked Yes'. The 'Add survey' button is highlighted, and a dropdown menu is open showing 'ESS' and 'Virtual check-in' options. The summary section displays: Total nights used 100% (30/30), Nights used ≥ 4 hours 97% (29/30), Hours per night used 7hr 53min, and Avg. pauses per night 0.0. The timeline section shows 'Nightly utilization' for the period 28 Aug 2022 - 26 Sep 2022.

## 2) Review results

Survey results will appear as a Timeline event. Any patient reporting discomfort is flagged for easy identification and review.

The screenshot shows two overlapping pop-up windows. The 'Virtual check-ins' window contains the following data:

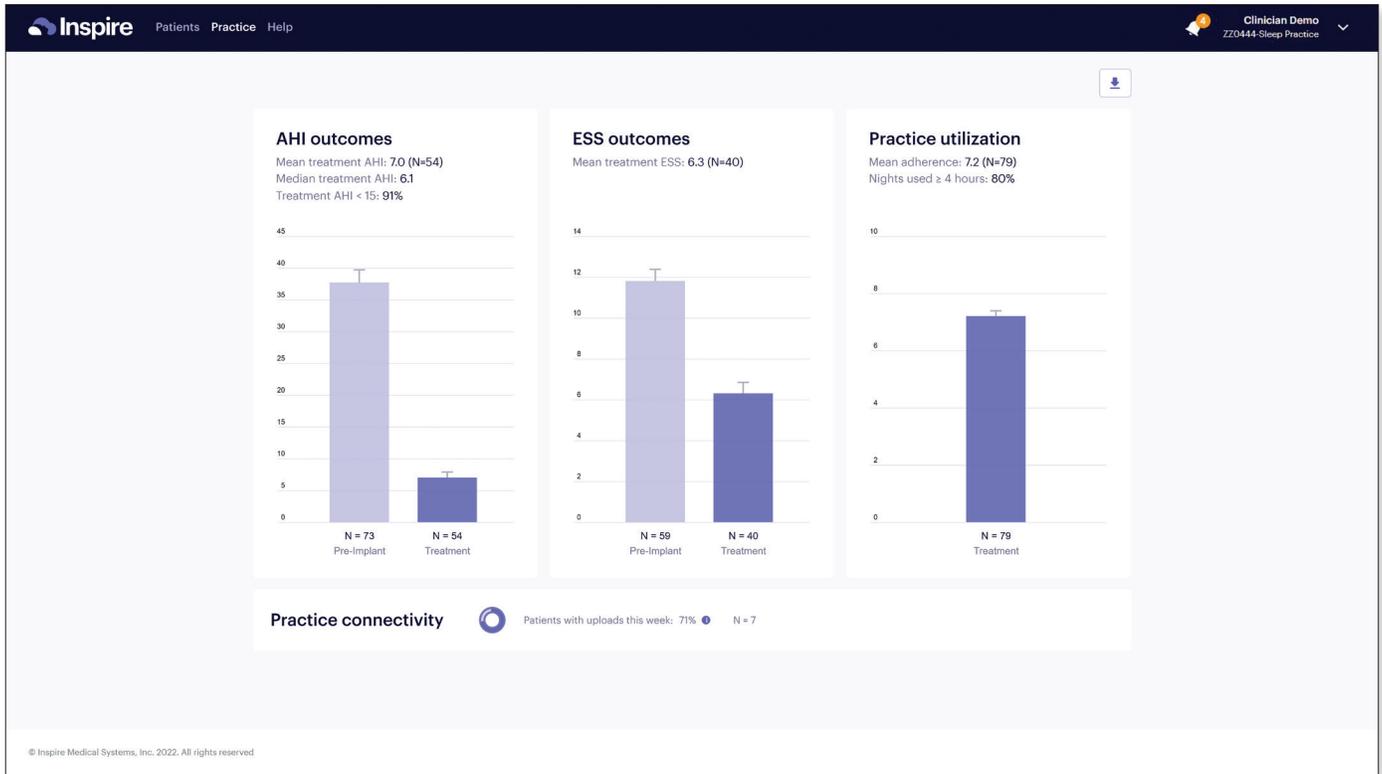
- Are you using Inspire through the night?**
  - 30 Aug 2022 No
  - 13 Sep 2022 No
  - 27 Sep 2022 Yes
- Is the stimulation comfortable?**
  - 30 Aug 2022 No
  - 13 Sep 2022 No
  - 27 Sep 2022 Yes
- How many lights are on the back of your remote?**
  - 30 Aug 2022 2
  - 13 Sep 2022 2
  - 27 Sep 2022 2
- Has your snoring improved with Inspire?**
  - 30 Aug 2022 Not sure
  - 13 Sep 2022 Not sure
  - 27 Sep 2022 Not sure
- How are you feeling?**
  - 30 Aug 2022 Tired
  - 13 Sep 2022 Tired
  - 27 Sep 2022 Well Rested

The 'Patient timeline' window shows the following events:

- 25 Sep 2022: ESS: 7 - Green Gary via mobile app
- 26 Sep 2022: ESS: Scheduled for 25 Sep 2022 - Clinician Demo

## Practice-Level Outcomes

Entering AHI and ESS data will populate your clinic's outcomes. Reviewing the outcomes of your clinic is a great way to show the impact your Inspire program is having for your patients and local population. The results can be customized by Care Team partner by using the filter menu.



## Notification Management

The practice administrator can adjust practice level settings via the "Practice Settings" tab. Individual users can override the attention and email settings by making adjustments in their individual profile.

## Credential Management

The practice administrator can create new users by navigating the [access.inspiresleep.net](https://access.inspiresleep.net). The admin can also reset passwords and delete users from the clinic.

## 4 Steps To Anytime, Anywhere Patient Adherence

### Step 1

Download the App



### Step 2

Create an Account



### Step 3

Connect to the Doctor



### Step 4

Connect Your Remote



## Questions?

Contact your Inspire team.