

Preparing for your follow-up sleep study

Why do I need a follow-up sleep study?

The follow-up sleep study helps verify your Inspire® therapy is meeting your sleep goals. Your provider uses the results to verify:

- You're using your therapy for at least 4 hours per night.
- Your estimated apnea-hypopnea index (AHI) is less than 15 per hour. AHI represents the average number of apnea and hypopnea events you experience each hour during sleep.
- Your symptoms have improved, and you feel more rested.

When will I have my follow-up sleep study?

About a month after your first therapy check in, your Inspire-trained doctor will meet with you to see how your therapy is working and determine if you are ready for your follow-up sleep study. Your doctor will be checking to make sure you're using your therapy at least 4 hours per night, following your step-up process plan and can comfortably step-up levels. Typically, the follow-up sleep study is scheduled about 90 days after turning on Inspire therapy.

What happens after my follow-up sleep study?

Within 30 days of your follow-up sleep study, you will meet with your doctor to review your results and establish a long-term follow-up plan. Typically, this plan includes meeting with your doctor as needed to check on your quality of sleep.

How can I best prepare for my follow-up sleep study?

- Avoid caffeine and alcohol for at least 8 hours before your sleep study.
- Avoid using nail polish or artificial nails, as these can affect the pulse oximeter readings from your finger.
- Do not nap before your sleep study and pack an overnight bag if your sleep study is at a lab.
- Upload your therapy usage data about two weeks prior to your sleep study. This will help your doctor and sleep study technician get the most accurate information of your sleep patterns in the weeks leading up to the sleep study. For additional information on how to upload your therapy usage data, refer to your Inspire® app guide.
- Before your sleep study, talk to your doctor about any medications you take. They can advise you on what to take (or not take) and answer any questions you have about how your medications might affect the sleep study. If you typically have trouble sleeping or worry about sleeping at the clinic, they can prescribe something to help you rest comfortably during the sleep study.
- Make sure you have your Inspire™ remote with you.



Watch the final step in the Inspire therapy process by scanning the QR code.

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 doctors 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.