

Secondhand sleep apnea: the struggle is real



New research reveals that when one person has sleep apnea, both people in the bed can suffer.

Background

While sleep apnea is widely recognized as a serious health condition affecting the individual diagnosed, a new survey reveals a broader impact: **sleep apnea can also disrupt the lives and well-being of their partners.** Inspire Medical Systems, Inc., conducted an online national survey of 1,000 individuals who share a bed with someone diagnosed with sleep apnea.

Results describe how sleep apnea affects not only the patient but their bed partner.

This report summarizes the burden of sleep apnea on surveyed bed partners and evaluates current treatment pathways, with a focus on the potential of Inspire therapy to address the needs of both.

Key Findings

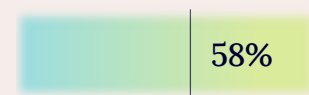
Sleep apnea's ripple effect on bed partners

Sleep apnea is not a solitary condition, it can disrupt sleep, create emotional strain and impact the overall health of both the patient and their partner.

These findings indicate a dual burden: loss of rest and increased emotional stress.



More Than Half OF BED PARTNERS

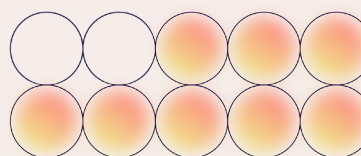


ALSO REPORTED PERSISTENT CONCERN FOR THEIR LOVED ONE'S HEALTH RELATED TO UNTREATED OR POORLY MANAGED SLEEP APNEA

Sleeping apart is common but not ideal

Sleep divorce (partners that sleep in separate bedrooms) is often a last resort, but one most partners wish they didn't have to make.

The emotional cost of disrupted sleep includes not just fatigue, but also reduced intimacy, connection and comfort in the relationship.



8 in 10

BED PARTNERS WHO SLEEP IN SEPARATE ROOMS DUE TO SLEEP APNEA SYMPTOMS EXPRESSED A DESIRE TO SLEEP TOGETHER AGAIN

Not all sleep apnea treatments provide benefit – both for the user & their bed partner

There are a number of treatment options available for sleep apnea, but not all deliver meaningful relief, especially for bed partners. While Continuous Positive Airway Pressure (CPAP) remains a frontline therapy, many partners still experience disrupted sleep and lingering concerns about their loved one's health.

AMONG BED PARTNERS
OF CPAP USERS,

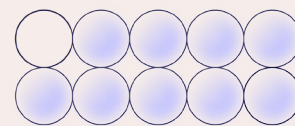
60%



REPORTED THEIR SLEEP
SUFFERED DESPITE
ONGOING TREATMENT

WITH A SURGICAL IMPLANT FOR SLEEP
APNEA, LIKE INSPIRE THERAPY®,

9/10



PARTICIPANTS REPORTED THAT THEIR
SLEEP DID NOT SUFFER BECAUSE OF
THEIR PARTNER'S SLEEPING BEHAVIOR

Bed partner insight: the case for Inspire therapy

Sleep apnea can affect both sides of the bed. The solution should too.

Inspire therapy is a procedural, mask-free¹ alternative for patients with moderate-to-severe obstructive sleep apnea. The small Inspire® implant delivers gentle pulses to your airway muscles to keep your airway open, allowing you to breathe regularly and sleep soundly.

Inspire therapy offers more than relief for the patient, it may offer hope for the partner. By eliminating common barriers associated with other treatment options like CPAP therapy (mask discomfort, machine noise), Inspire therapy creates an environment for true rest and recovery on both sides of the mattress.

For bed partners, Inspire therapy may reduce noise disruptions and restlessness that can sometimes come with other treatments.



1, ADHERE Registry: Data on file

These results were not part of a formal clinical trial. The findings are from a survey conducted by BarkleyOKRP on behalf of Inspire Medical Systems, Inc., and sent to a random sample of n=1,000 bed partners of individuals diagnosed with sleep apnea.

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.

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