



## Inspire<sup>®</sup> app guide

Easily monitor your sleep progress  
and share data with your doctor



**No mask. No hose. Just sleep.<sup>™</sup>**

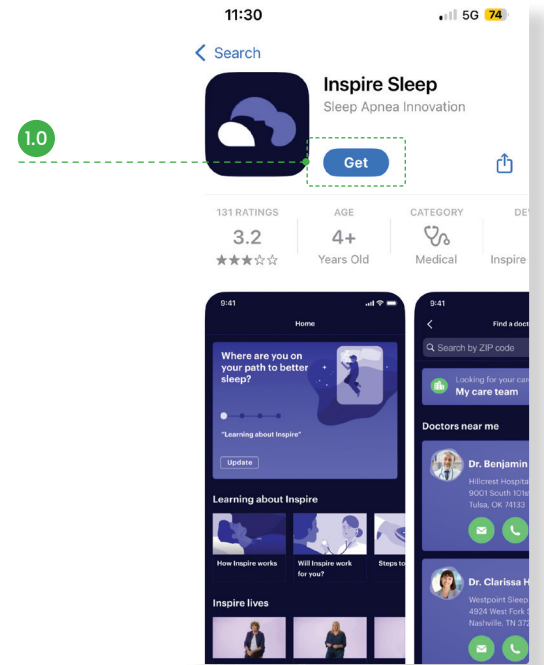
# How to use your Inspire app

⚠ **BEFORE** your appointment to turn on Inspire® therapy: Complete steps 1-3.

Step 4 will be completed with your doctor at the appointment.

## Step 1: Download the app

- Use your mobile device to scan the QR code or open your phone's app store and search for "Inspire Sleep."
- 1.0: If your mobile device is compatible with the app, you will see an option such as "Get" or "Install" to download the app.

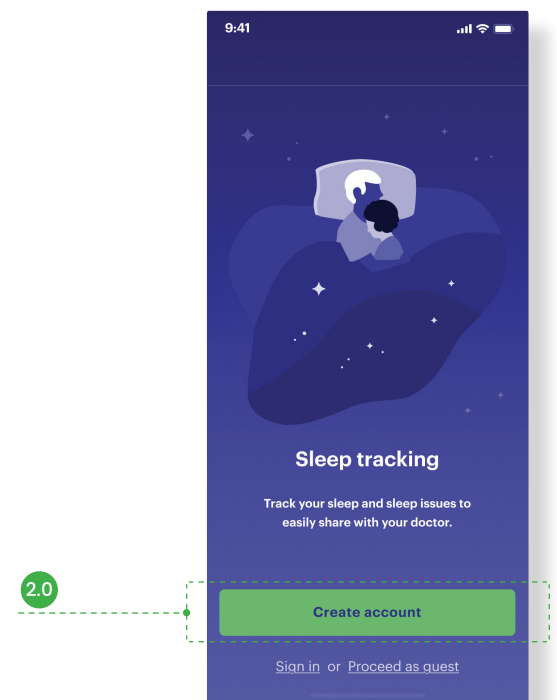


## Step 2: Create an account

- 2.0: Open the Inspire app and select "Create account."
- Follow the guided steps within the app to set up an account. If you received an email to download the app, use that same email address. If you did not receive an email to download the app, you can use your primary email address.
- For easy access, you can note your email and password on this page. Keep it in a safe and secure place.

Email: \_\_\_\_\_

Password: \_\_\_\_\_

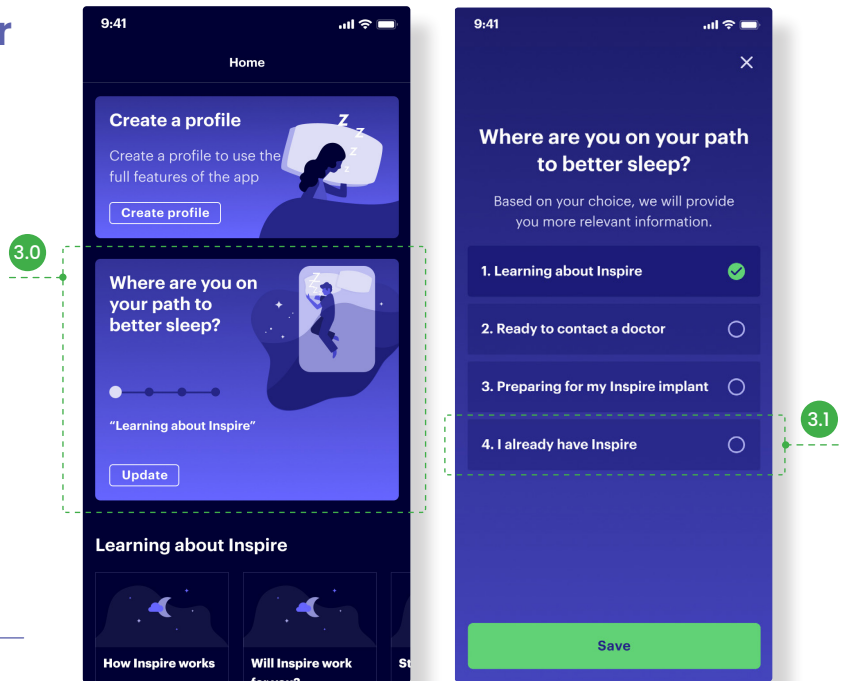




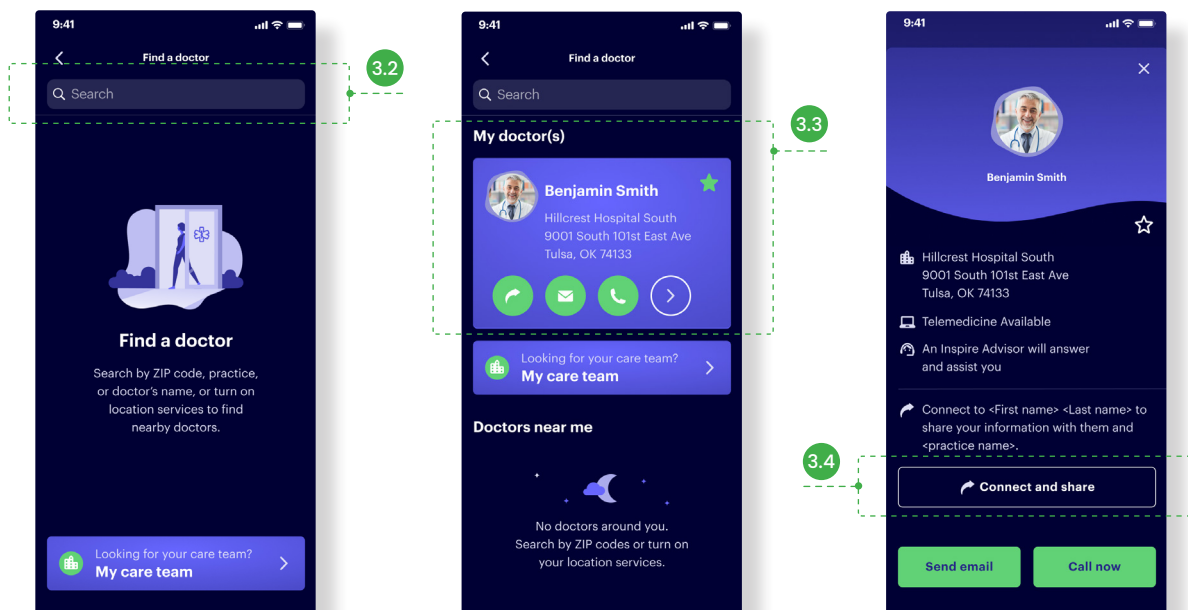
## Step 3: Connect to your doctor

- For your doctor to access and review your therapy usage data, you must connect the app to your doctor's practice.
- 3.0 – 3.1: Before you connect with your doctor, you need to update where you are on your path to better sleep in the app. On the home page, select "Where are you on your path to better sleep" and update accordingly.

**Note:** If this is not updated, your doctor will not show up on connect and share.

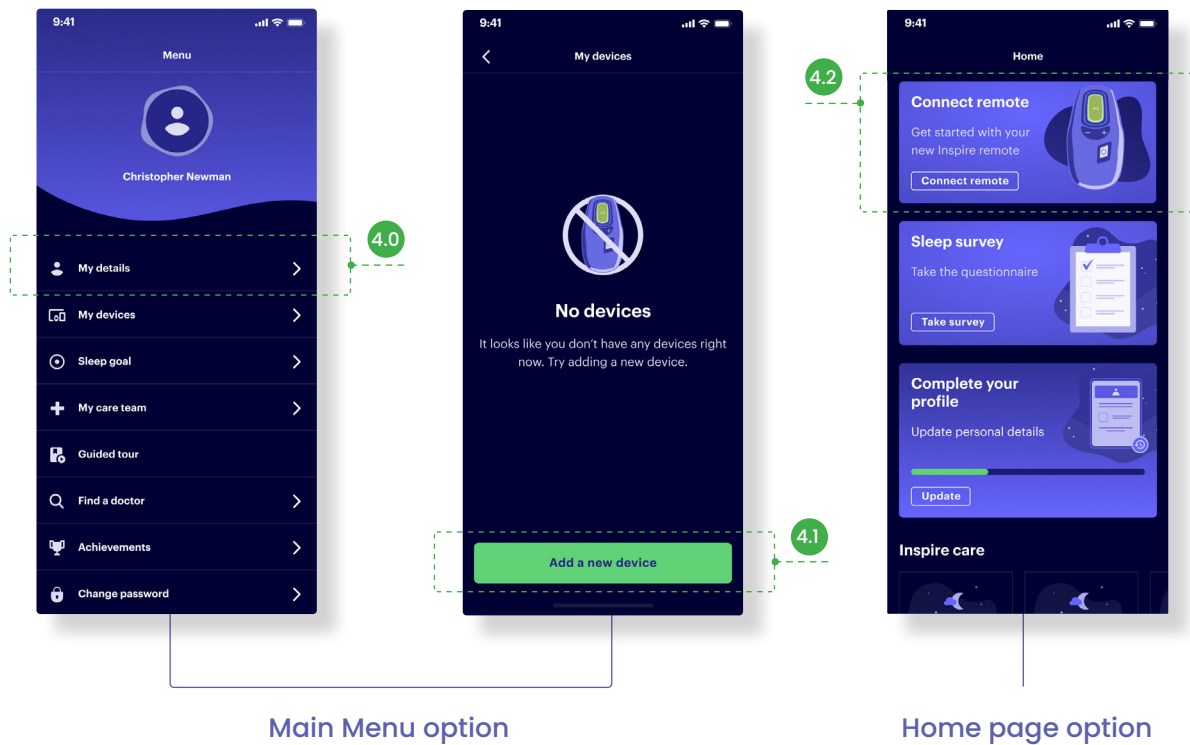


- 3.2: In the Inspire app, select the "Menu" icon in the bottom right corner, then select "Find a doctor." If you turn on location services for your Inspire app, doctors near you will display. Otherwise, type your doctor's name in the search field.
- 3.3: When you find your Doctors card, tap on it to open the doctor's profile.
- 3.4: Click "Connect and share". After your doctor accepts your connection request, the connection will be displayed in "My care team" on the Menu tab. Response time can vary for each doctor.
- If you don't see "Connect and share" on your doctor's profile, their practice isn't set up for connection requests. Your doctor can send you a request to connect directly to the app during your appointment to turn on Inspire therapy.



## Step 4: Connect your Inspire™ remote

- 4.0-4.2: Under “Menu”, select “ My devices”, then select “add a new device.” You can also select “Connect remote” from the home page.
- You will need Bluetooth and Wi-Fi or cellular data to connect your app and remote.
- Follow the guided steps within the app to pair your compatible 2580 Inspire remote.

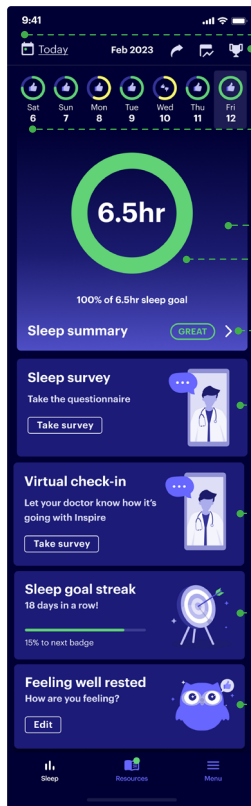


Watch the “How to Connect to the Inspire App & Track Your Sleep” video by scanning the QR code or visit <https://bit.ly/4fBAHe>

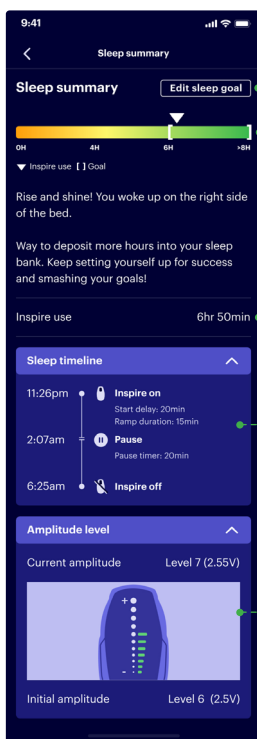
## Step 5: Reviewing your sleep tab

- The Sleep tab summarizes your Inspire therapy usage from noon one day through noon the next day.

**Note:** The sleep tab will not display until you have connected your Inspire remote.



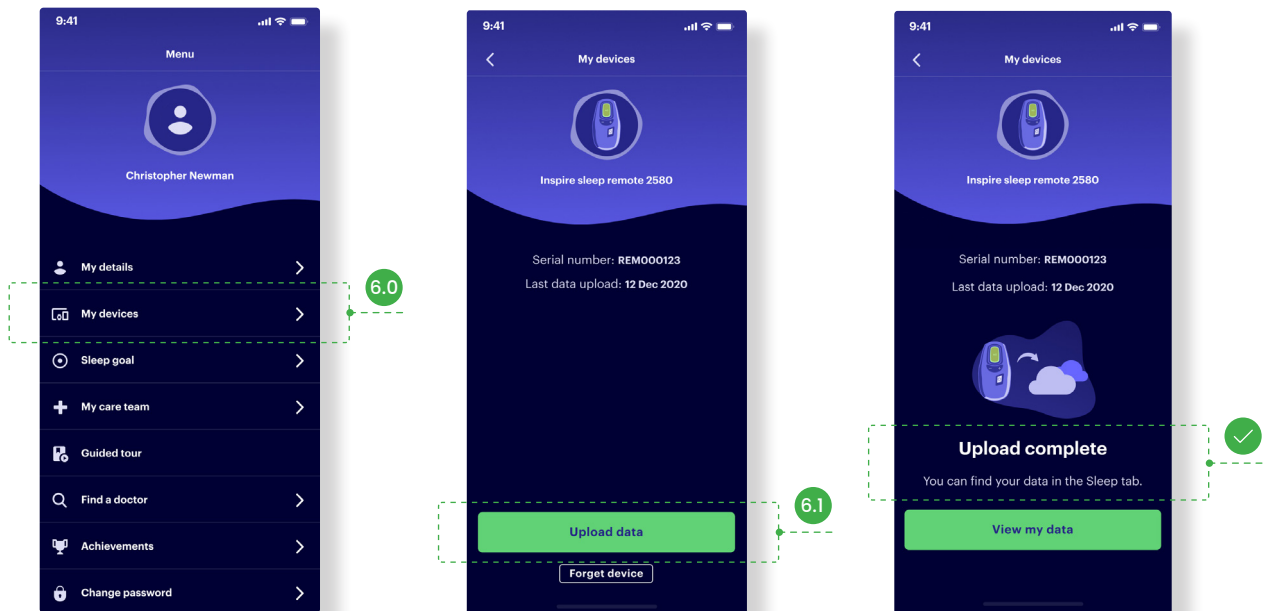
- a. If displayed, tap to return to current night.
- b. Share a snapshot of your sleep screen, view weekly and monthly summaries and badges you've earned.
- c. Tap to display another night this week.
- d. Swipe left of right to display another night.
- e. Percent of sleep goal met: **Green: 66-100%** **Yellow: 33-66%** **Orange: 0-33%**
- f. Tap to view details of last night's sleep summary. Learn more about the sleep summary page in the image below.
- g. If displayed, tap "Take survey" to complete the Epworth Sleepiness Scale Survey sent from your doctor.
- h. If displayed, tap "Take survey" to complete the Virtual Check in survey sent from your doctor.
- i. Most recently updated streak.
- j. Sleep log entry for night displayed.



- k. Edit your sleep goal.
- l. A scale measuring your progress toward your sleep goal each night along with nightly sleep insights about your progress.
- m. Total time therapy was used throughout your night.
- n. A timeline of therapy on, therapy off, and pauses throughout your night. Up to five pauses can be displayed.
- o. Your stimulation strength. Remote image matches the number of lights on the back of your remote. If amplitude changed, "Current" shows the level at the end of the night and "Initial" shows the level at the beginning of the night.

## Step 6: Uploading your therapy usage

- Therapy usage data includes when you turned Inspire therapy on and off each night, whether you changed the stimulation strength and your sleep log entries.
- If the Inspire app is open, you are connected to Wi-Fi or cellular data, and are within a few feet of your remote, therapy usage data usually uploads automatically. You can also manually upload therapy usage data.
- 6.0-6.1: How to manually upload therapy usage data:
  1. Make sure your remote is on by pressing the therapy off button and the status ring is solid green.
  2. Select “Menu” on the bottom of the screen.
  3. Select “My devices”.
  4. Select “Upload data”.
- If therapy usage data does not upload: Don’t panic, your remote can hold up to 1 years’ worth of data. For more information, please visit the full Sleep App Guide listed below.



Access the full Sleep App Guide for more information by scanning the QR code or visit [www.inspiresleep.com/app-manual](http://www.inspiresleep.com/app-manual)

## More tips and resources

- In addition to tracking your therapy usage, you can use the Inspire app to access educational articles and videos, track therapy achievements, complete quality of life surveys, find FAQs and more.
- If your previously paired remote isn't connecting to the Inspire app, scan the QR code below for troubleshooting steps for iPhone or Android.








iPhone



Android

## Tips to stay connected

 Cellular Data/Wifi	ON
 Bluetooth	ON
 Location Services	ON
 Notifications and auto app updates	ON
 Power Saver	OFF



### Need help?

Contact Patient Services at **844-672-6720** or email [support@inspiresleep.com](mailto:support@inspiresleep.com)

# Goodnight.

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/](https://inspiresleep.com/safety-information/) or call 1-844-OSA-HELP.

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