

Inspire Patient Guide



**No mask.
No hose.
Just sleep.™**

Inspire is the only FDA approved obstructive sleep apnea treatment that works inside your body to treat the root cause of sleep apnea with just the click of a button.

How it Works

Inspire works inside your body while you sleep. It's a small device placed during a same-day, outpatient procedure. When you're ready for bed, simply click the remote to turn Inspire on. While you sleep, Inspire opens your airway, allowing you to breathe normally and sleep peacefully.



Inspire Sleep Remote

You May Be A Candidate for Inspire If:

- You have moderate to severe obstructive sleep apnea.
- You are unable to use or get consistent benefit from CPAP.
- You are not significantly obese.
- You are over the age of 18.



Why Choose Inspire

Here are some reasons people like you have chosen Inspire to treat their sleep apnea.



Alternative to CPAP

Inspire treats the root cause of sleep apnea by applying gentle stimulation to key airway muscles during sleep, allowing you to breathe normally, and more importantly, sleep without a mask, hose, or machine.



Proven Procedure

Inspire is placed under the skin of the neck and chest during a short, outpatient procedure. After healing, Inspire is turned on and you'll be ready to get the sleep you've been dreaming of.



FDA Approved

Inspire was FDA approved in 2014 and has been proven both safe and effective in multiple clinical studies. It is the only FDA approved obstructive sleep apnea treatment that works inside the body with just the click of a button.

Patient Outcomes

Inspire is safe, clinically proven, and FDA-approved.



90%

of bed partners report no snoring or soft snoring.¹



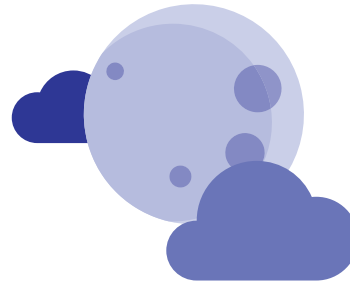
79%

reduction in sleep apnea events.¹



94%

of people are satisfied with Inspire.²



96%

of Inspire patients say Inspire is better than CPAP & would recommend Inspire to others.²

Most US Insurance Covers Inspire

- Broad commercial coverage
- Medicare coverage across the US
- Many VA and military hospitals



Inspire is not for everyone. 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. Woodson et al. 5-Year Outcomes. OTO-HNS, 2018 2. Heiser et al. ADHERE Registry. ERJ, 2019 © Inspire Medical Systems, Inc. 2021. All Rights Reserved. 800-071-001, Rev H.

Learn More: Download the Inspire Sleep App

- See how Inspire works
- Watch short videos answering the most common questions
- Connect with people who have Inspire
- Watch instructional videos on how to use Inspire



Scan this QR code with your smartphone's camera app to download.



Or visit [InspireSleep.com](https://inspiresleep.com)