



Inspire[®] Upper Airway Stimulation: An Innovative Sleep Apnea Treatment

What is Inspire[®] Therapy?

Inspire[®] Upper Airway Stimulation (UAS) therapy is an FDA-approved implantable device for patients with obstructive sleep apnea. This novel device is for patients who could not find relief from or cannot tolerate CPAP (continuous positive airway pressure) therapy.

How does Inspire[®] work?

The Inspire[®] Upper Airway Stimulation device works with your natural breathing process from inside your body while you sleep. Whenever you take a breath, the device moves your tongue to keep it from blocking your airway. It does this by stimulating the nerves of your tongue using a controlled current. As a result, your apnea episodes and snoring are reduced or eliminated.

Who is eligible for Inspire[®]?

You are eligible if you:

- have moderate to severe sleep apnea
- are over the age of 22
- are in general good health and not overweight (based on a complete doctor evaluation)
- have not received consistent benefit from CPAP

How do I get Inspire[®] Therapy?

If you think you may be eligible, call (201) 935-5508 and schedule a consultation with our sleep surgeon. As part of the evaluation process, your sleep surgeon will schedule you for a sleep endoscopy (DISE) to confirm your eligibility.

What is the procedure like for Inspire[®]?

The Inspire[®] procedure is an outpatient (same day) surgery, which is typically performed at a day surgery center. You will be fully asleep during the procedure. The surgeon will make two small incisions; one under your jaw and another on your chest. The device will be implanted in precise areas and your incisions will be closed with stitches. You will go home the same day and can expect about one week for recovery. You can start using the device one month after surgery.

Is Inspire[®] covered by insurance?

Inspire[®] is covered by most major insurance providers if the patient meets the necessary criteria. A Summit Medical Group representative can discuss insurance coverage during a consultation, but a patient should always check with his or her insurance company prior to receiving any medical treatment.

Will I feel the device when it is working?

The device typically turns on after you fall asleep, so most patients will never feel it. If the device is active when you wake up, patients have said that you might feel a "butterfly" sensation in your tongue.

What is the battery life of the device?

The battery lasts approximately 10-12 years. You will undergo a short outpatient procedure to replace the device when the battery runs out.



What if I am not eligible?

There are many surgical solutions for sleep apnea, especially in patients who cannot tolerate or do not benefit from CPAP. If you do not qualify for Inspire® or are not interested, you can talk with your sleep surgeon about alternatives.

What else should I know?

The device may affect your ability to get an MRI in some cases. Talk to your sleep surgeon for details.

For more information on Inspire® Therapy, visit www.inspiresleep.com