



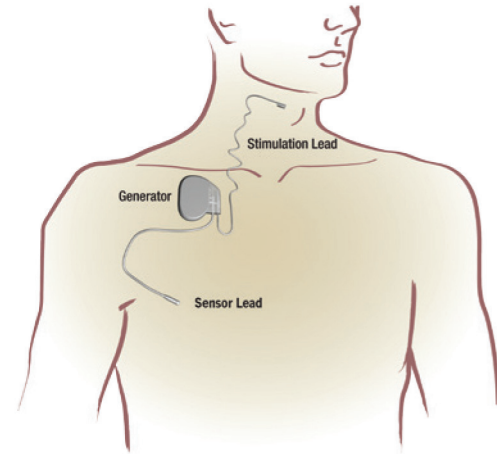
Inspire[®] therapy for sleep apnea
Giving you the freedom to sleep like everyone else



Take Comfort.

Inspire therapy can help.

Inspire therapy is a breakthrough implantable treatment option for people with Obstructive Sleep Apnea who are unable to use or get consistent benefit from CPAP. While you are sleeping, Inspire monitors every breath you take. Based on your unique breathing patterns, the system delivers mild stimulation to the hypoglossal nerve, which controls the movement of your tongue and other key airway muscles. By stimulating these muscles, the airway remains open during sleep.



Take Control.

Get the restful night's sleep you've been missing.

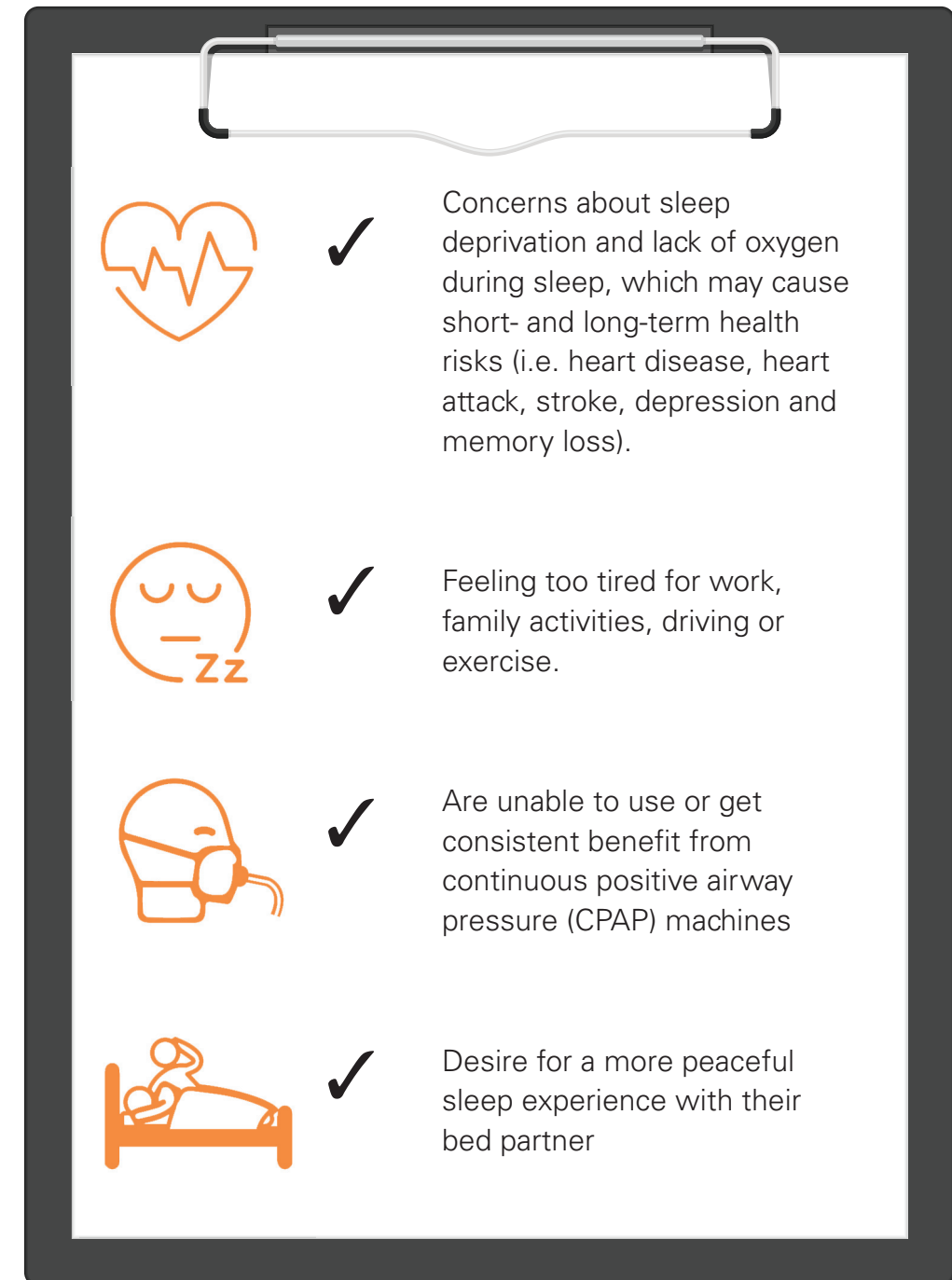
Inspire therapy is controlled by a small handheld sleep remote. The remote allows you to turn Inspire therapy on before bed and off when you wake up, increase and decrease stimulation strength, and pause during the night if needed.







Inspire Sleep Remote

Take Action.

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

A graphic of a clipboard with a white sheet of paper and a silver clip at the top. The paper contains four items, each with an orange icon, a checkmark, and a text description.

-  ✓ Concerns about sleep deprivation and lack of oxygen during sleep, which may cause short- and long-term health risks (i.e. heart disease, heart attack, stroke, depression and memory loss).
-  ✓ Feeling too tired for work, family activities, driving or exercise.
-  ✓ Are unable to use or get consistent benefit from continuous positive airway pressure (CPAP) machines
-  ✓ Desire for a more peaceful sleep experience with their bed partner

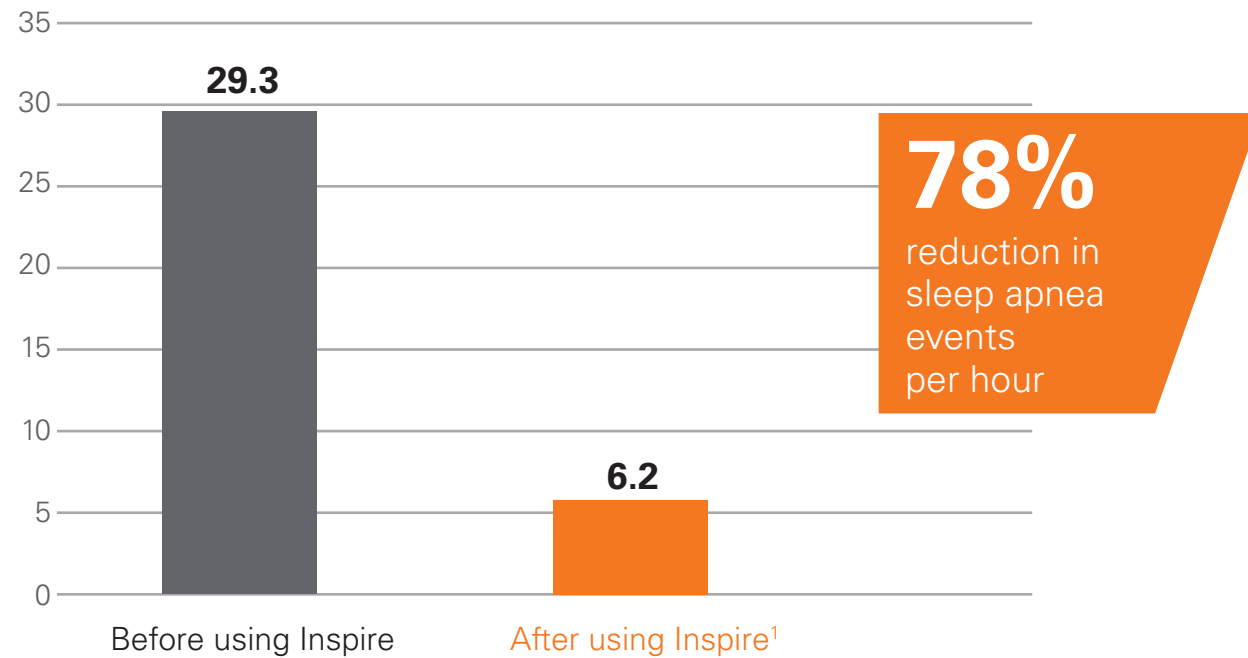
Call VCU Health Department of Otolaryngology, Head and Neck Surgery at (804) 628-4368 for more information or to schedule your appointment.

Have Confidence.

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

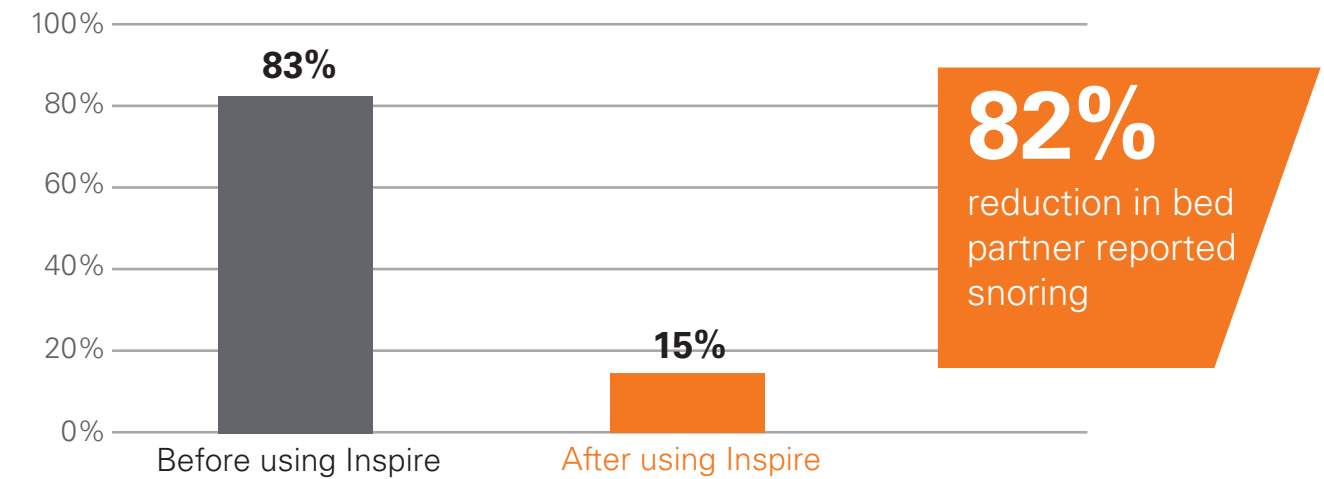
The safety and effectiveness of Inspire therapy has been measured in over 37 peer-reviewed articles. Studies show patients using Inspire therapy experience significant reductions in sleep apnea events, increased daytime activity levels, and reduced daytime sleepiness.

AVERAGE SLEEP APNEA EVENTS/HOUR (APNEA-HYPOPNEA INDEX)

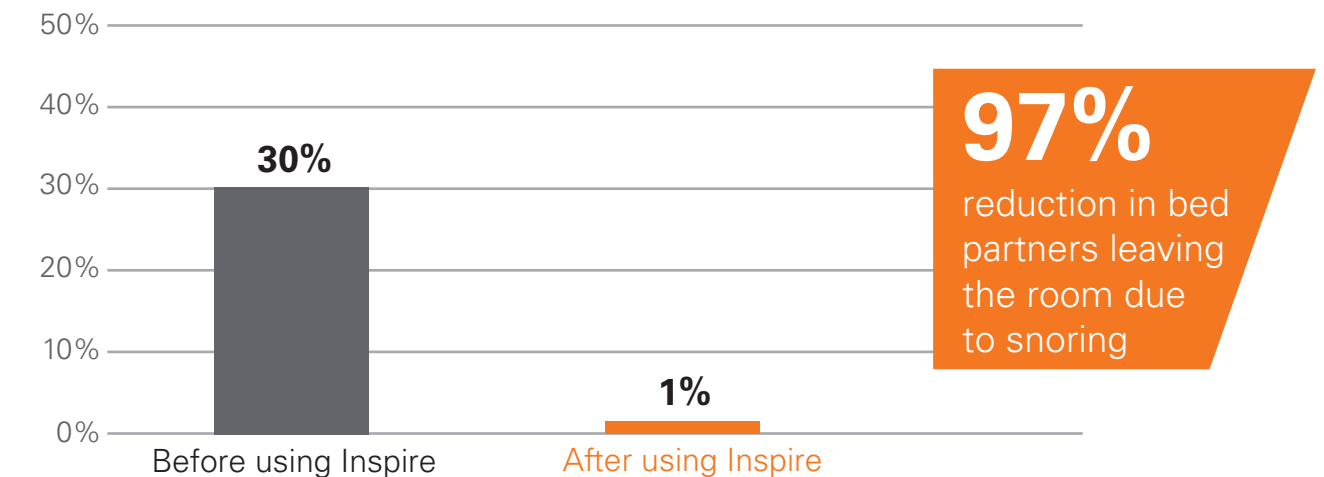


Snoring is one of the most common symptoms of sleep apnea. Bed partners were asked to report how intensely their partner snored and if they ever had to leave the room due to snoring both before and after their partner began using Inspire therapy. After four years of use, both snoring and the need to leave the room due to snoring decreased significantly².

BED PARTNER REPORTED SNORING



BED PARTNER LEAVES ROOM DUE TO SNORING



1. Woodson et al. Three-Year Outcomes of Cranial Nerve Stimulation for Obstructive Sleep Apnea, The STAR Trial. OTO-HNS, Nov 2015.
2. Gillespie et al. Upper Airway Stimulation for Obstructive Sleep Apnea: Patient- Reported Outcomes after 48 Months of Follow-up. OTO-HNS, Feb 2017.

Rest Easy.

Follow these basic steps for the freedom to sleep like everyone else.

ASSESSMENT

CLINIC VISIT: The first step in the evaluation process is a visit to an Inspire-trained doctor's office. During this visit, the doctor will review your sleep apnea history and general health. If you have not had a recent sleep study, you may need a new one.

AIRWAY EXAM: The final step in the evaluation process is an airway exam. This exam will help your doctor find the airway blockage that is causing your sleep apnea. Based on the airway exam results, the doctor will let you know if you are a good candidate for Inspire therapy.

TIMELINE: 1-4 WEEKS

ASSESSMENT NOTES:

INSURANCE COVERAGE

- After your assessments are complete, the Inspire doctor's office will work to gain written insurance approval before your Inspire procedure. This process can take anywhere from a few weeks to several months.
- Staying involved with your doctor's office during this process will help with your insurance approval. If you want to check on the progress of your insurance approval, you can call (xxx) xxx-xxxx.

TIMELINE: A FEW WEEKS - A FEW MONTHS

INSURANCE NOTES:

INSPIRE PROCEDURE

- The Inspire system is typically implanted during an outpatient procedure. The system is placed under the skin of the neck and chest through three small incisions.
- Most patients return home the same day and take over-the-counter pain medication if needed.
- You can return to a normal diet and resume normal, non-strenuous activities within a few days or as directed by your doctor.

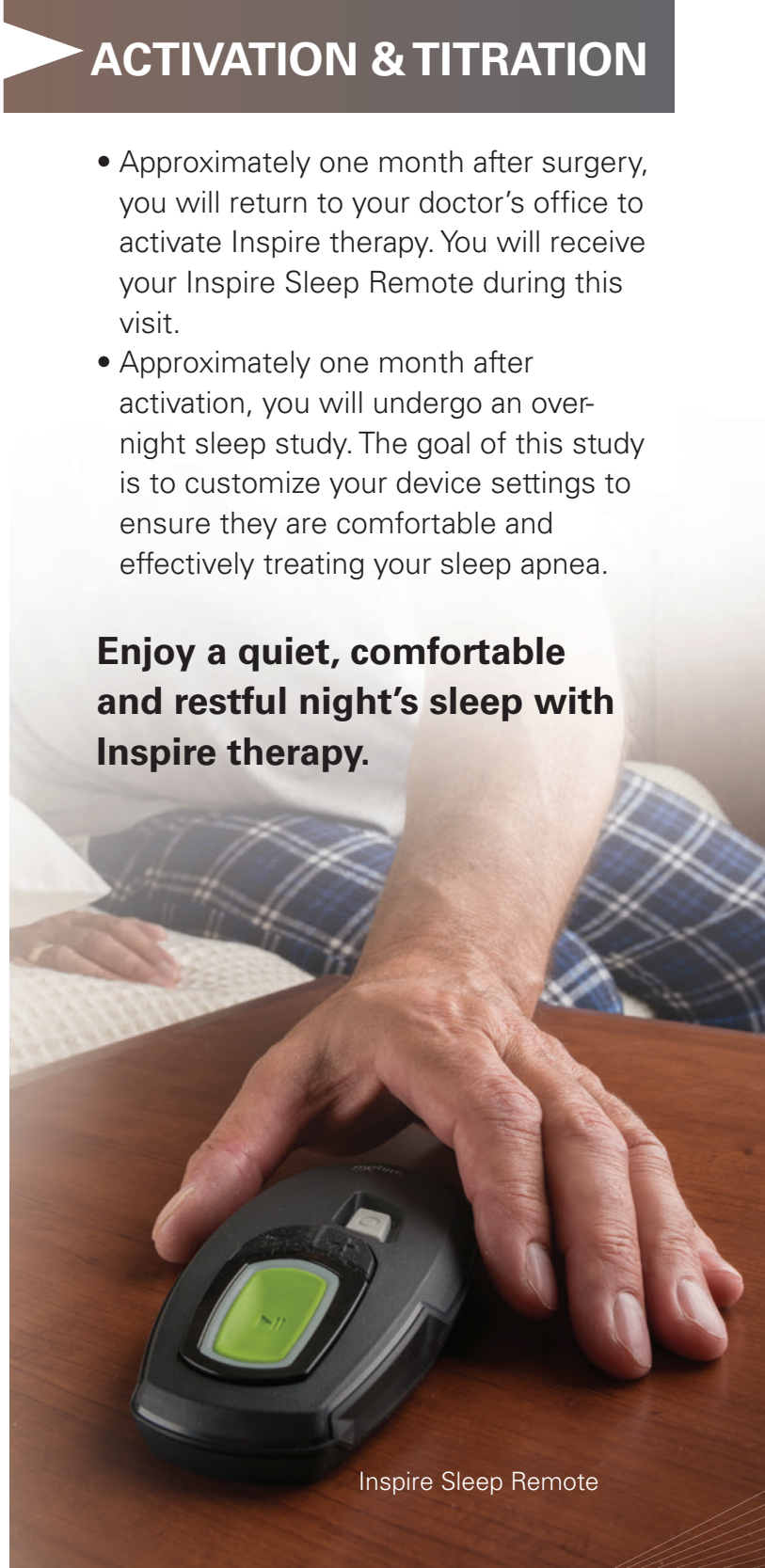
TIMELINE: 1-4 WEEKS AFTER INSURANCE APPROVAL

PROCEDURE NOTES:

ACTIVATION & TITRATION

- Approximately one month after surgery, you will return to your doctor's office to activate Inspire therapy. You will receive your Inspire Sleep Remote during this visit.
- Approximately one month after activation, you will undergo an over-night sleep study. The goal of this study is to customize your device settings to ensure they are comfortable and effectively treating your sleep apnea.

Enjoy a quiet, comfortable and restful night's sleep with Inspire therapy.



Inspire Sleep Remote



Inspire therapy is for people who:

- Have been diagnosed with moderate to severe OSA with an apnea-hypopnea index (AHI) between 15-65
- Struggle with or cannot get consistent benefit from CPAP treatment

Talk to your doctor about risks, benefits and expectations associated with Inspire therapy. Risks associated with the surgical implant procedure are low but may include infection and temporary tongue weakness. Most patients acclimate well to the presence of the Inspire system and to the therapeutic stimulation. Some patients may require post implant adjustments to the system's settings in order to improve effectiveness and ease acclimatization. Important safety information can be found at www.InspireSleep.com.

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VCUHealth™

inspire®
UPPER AIRWAY STIMULATION