



Inspire[®] therapy FAQs



How does Inspire therapy work?

- The Inspire[®] implant works comfortably¹ inside your body while you're asleep to sense when you take a breath. Then, it uses gentle pulses to move your tongue forward to keep your airway open. When your airway is open, you're able to breathe regularly and sleep soundly. No mask or hose needed.

Am I a good candidate for Inspire therapy?

To be a candidate for Inspire therapy, you must meet the following FDA indications:

- Age 18 or older
- Diagnosed with moderate to severe obstructive sleep apnea (OSA)
- Have tried and struggled with CPAP

Is Inspire therapy covered by insurance?

- Rest assured, Medicare, Veterans Affairs (VA) and most U.S. commercial insurers cover Inspire therapy. Most insurance policies include the pre-screening airway exam, procedure and any follow-up appointments.

How much will I pay out of pocket?

- Every insurance plan is different, so it is always best to check directly with your insurance provider. However, you can typically expect to pay the cost of any unmet deductible for the year, along with any required copays or coinsurance fees.

Do I need to get approval from my insurance company before my first appointment?

- You do not need approval from your insurance company before your first visit, but some insurance companies may require a referral for specialist visits. Please speak with your insurance company to determine if your specific plan requires a referral.
- Once your doctor confirms whether the Inspire implant will work for you, insurance coverage and any prior authorization processes will be initiated and led by your doctor's office.

Is Inspire therapy approved by the Department of Transportation?

- Similar to CPAP, an Inspire-trained provider can print out a usage record of Inspire therapy to show the medical examiner that you are using your prescribed OSA treatment. By proving compliance, there should be no issues renewing your commercial driver's license.

Does Inspire therapy help with snoring?

- It can. 90% of bed partners report no snoring or soft snoring¹ when using Inspire therapy.

What does Inspire therapy feel like?

- When your Inspire implant is turned on, mild stimulation is applied to the nerve. This keeps your airway open while you sleep. The stimulation feels like a gentle pulse that is not painful or uncomfortable.

How long does the battery last in the Inspire implant?

- The Inspire implant battery typically lasts about 11 years. Once the battery is running low, it is replaced during a simple outpatient procedure.

How long is the recovery time after the procedure?

- After the procedure, you will stay in a recovery room, typically for a few hours while you wake up. Most patients are able to go home the same day. Once you are home, you may experience some minor discomfort and swelling for a few days. Most people take over-the-counter pain medication and, within a few days, can resume non-strenuous activities.
- Recovery time after the procedure will vary but most patients have a full recovery within a couple of weeks.

Can I receive Inspire therapy if I have a pacemaker or other implantable device?

- If you have another implanted device, it will not disqualify you from becoming a candidate for Inspire therapy. An Inspire-trained provider will evaluate if the two devices could interact before deciding if Inspire therapy is right for you.

Would Inspire therapy limit my activities?

- Inspire therapy will not limit your regular daily activities once you are fully healed.

Once the Inspire therapy process is complete, how often should I check-in with my doctor?

- Regular check-ins are determined by your doctor but are typically every 6-12 months.

What types of medical imaging are compatible with Inspire therapy?

- All Inspire therapy patients are eligible to have diagnostic CT scans and x-rays anywhere in the body. Patients are also eligible for diagnostic ultrasound images taken anywhere other than the implant sites, as ultrasonic scanning equipment could cause mechanical damage to the implant or leads.
- You are eligible for MRI scans provided your doctor's office follows specific conditions. When scheduling your MRI, let the office know you have a model 3028 Inspire implant and be sure to bring your Inspire™ remote and ID card with you to the MRI appointment.

Is Inspire therapy TSA-approved and safe to fly with?

- Yes, it is safe to travel with Inspire therapy. The Inspire implant is treated like any other metal implant when going through airport security. Simply inform the security personnel about your implant, and they will guide you to a scan that is appropriate. You will also receive an Inspire implant identification card to assist with any necessary details.



Do you have more questions?

Get in touch with an Inspire Advisor by calling 844-422-9090 or visit inspiresleep.com/connect.

1. Suurna MV, Steffen A, Boon M, et al. Impact of Body Mass Index and Discomfort on Upper Airway Stimulation: ADHERE Registry 2020 Update. Laryngoscope 2021; 131(11): 2616-2624

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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