

FACT SHEET: OBSTRUCTIVE SLEEP APNEA

Obstructive Sleep Apnea (OSA) is a prevalent health issue that affects an estimated 18 million Americans.

What is OSA?

- OSA occurs when the tongue and other soft tissues of the airway relax during sleep and obstruct the airway.
- Airway obstruction can happen at the soft palate, tongue, or in many cases, both locations.
- When oxygen levels in the blood decrease, the brain senses a problem and arouses the body from sleep just long enough to open the airway. This cycle of obstruction and waking can repeat dozens of times per hour throughout the night, disrupting sleep.
- People with moderate to severe OSA will have 15 or more apnea events per hour.
- OSA can lead to secondary health issues such as high blood pressure, heart disease, stroke, and other health risks.

Normal Breathing



OSA: Collapse at the Soft Palate and Tongue Base



Symptoms of OSA

The most common symptoms of OSA include:

- Snoring
- Gasping or choking during sleep
- Frequent nighttime awakenings
- Morning headaches
- Daytime sleepiness
- Irritability
- Difficulty with focus or concentration

Traditional OSA Treatment Options



Lifestyle Changes

Lifestyle changes that may help improve sleep apnea include losing weight, exercising regularly, or sleeping on your side.



Continuous Positive Airway Pressure (CPAP)

CPAP keeps the airway open with pressurized air. CPAP is often very effective. However, some people still experience persistent symptoms (fatigue, headaches) despite regular attempts to use CPAP.



Oral Appliance Therapy

When CPAP is not tolerated, an oral appliance can be constructed by a dentist as an alternative treatment. Oral appliances keep the airway open by holding the jaw forward during sleep.



Anatomy Altering Surgery

Some OSA patients that are unable to achieve benefit from conservative therapies seek surgical treatment. Conventional OSA surgery requires removal or alteration of facial and airway anatomy. Anatomy altering surgeries are often painful, have lengthy recovery times, and have not shown consistent clinical results.

Inspire® Therapy

- Inspire therapy is a fully implanted system that senses breathing patterns and delivers mild stimulation to key airway muscles, which keeps the airway open during sleep.
- The implanted system consists of three fully implanted components: a small generator, a breathing sensor lead, and a stimulation lead, all controlled with a small handheld Inspire sleep remote.
- Inspire therapy is clinically proven to significantly reduce apnea events and significantly improve quality of life measures.



Inspire therapy senses breathing patterns and delivers mild stimulation to key airway muscles, which keeps the airway open during sleep.

Safety information for Inspire therapy is provided at www.InspireBetterSleep.com. Information at this site should not be used as a substitute for patients talking with their doctor. Patients are encouraged to review this safety information and talk with their doctor about diagnosis and treatment options.