

IOWA CITY  
**ASC**  
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## CPAP vs INSPIRE THERAPY

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Sleep apnea is a common, but potentially life-threatening condition that can interrupt your breathing during sleep. There are two common approaches to treating sleep apnea:

Prescribed use of a CPAP machine.

A novel procedure called Inspire Therapy Upper Airway Stimulation.

These two approaches each have their benefits and drawbacks. So how do you know which one is right for you?

### HOW DOES INSPIRE THERAPY WORK?

Inspire therapy uses a surgically implanted device to deliver low level stimulation to the muscles of your airway, allowing them to stay open while you sleep.

### HOW DOES A CPAP DEVICE WORK?

A CPAP machine delivers high pressure oxygen into your respiratory system, forcing your airways to stay open. The device usually consists of several components, including a facemask, hose, and device housing.





## CPAP vs. INSPIRE THERAPY: THE BASICS

### CPAP

The CPAP machine creates a constant stream of pressurized air.

This pressurized air keeps your airways open.

By providing consistent, pressurized air, the CPAP machine ensures you keep breathing through the night.

This approach requires an external machine to be in use while you sleep.

### Inspire Therapy

The Inspire device uses electrical impulses to gently stimulate key respiratory muscles.

By stimulating those muscles, the Inspire sleep apnea implant is able to keep the airways open.

Because the airways are more open, you are able to breathe more easily and with fewer interruptions.

Uses an internally implanted device, controllable via remote.



## CPAP vs. INSPIRE THERAPY: COMFORT

### CPAP

A CPAP machine requires you to sleep with a mask that fits around your nose or mouth.

The required hoses can often become uncomfortably tangled around your body.

CPAP machines can be noisy and loud which interferes with your ability to sleep comfortably.

Breathing pressurized air can feel uncomfortable and off-putting, especially at first.

### Inspire Therapy

Once implanted, patients do not feel the Inspire therapy device.

Stimulation begins 30 minutes after the patient activates the device, providing you with a customizable window during which you can fall asleep peacefully.

You do not have to wear any extra devices while you sleep.

## Does Inspire Therapy Really Work?

Inspire sleep apnea implant device has been shown to reduce a patient's sleep apnea-hypoxia index by at least 68%.

Over two thirds of those who underwent Inspire Therapy surgery were able to report at least a 50% improvement in symptoms.

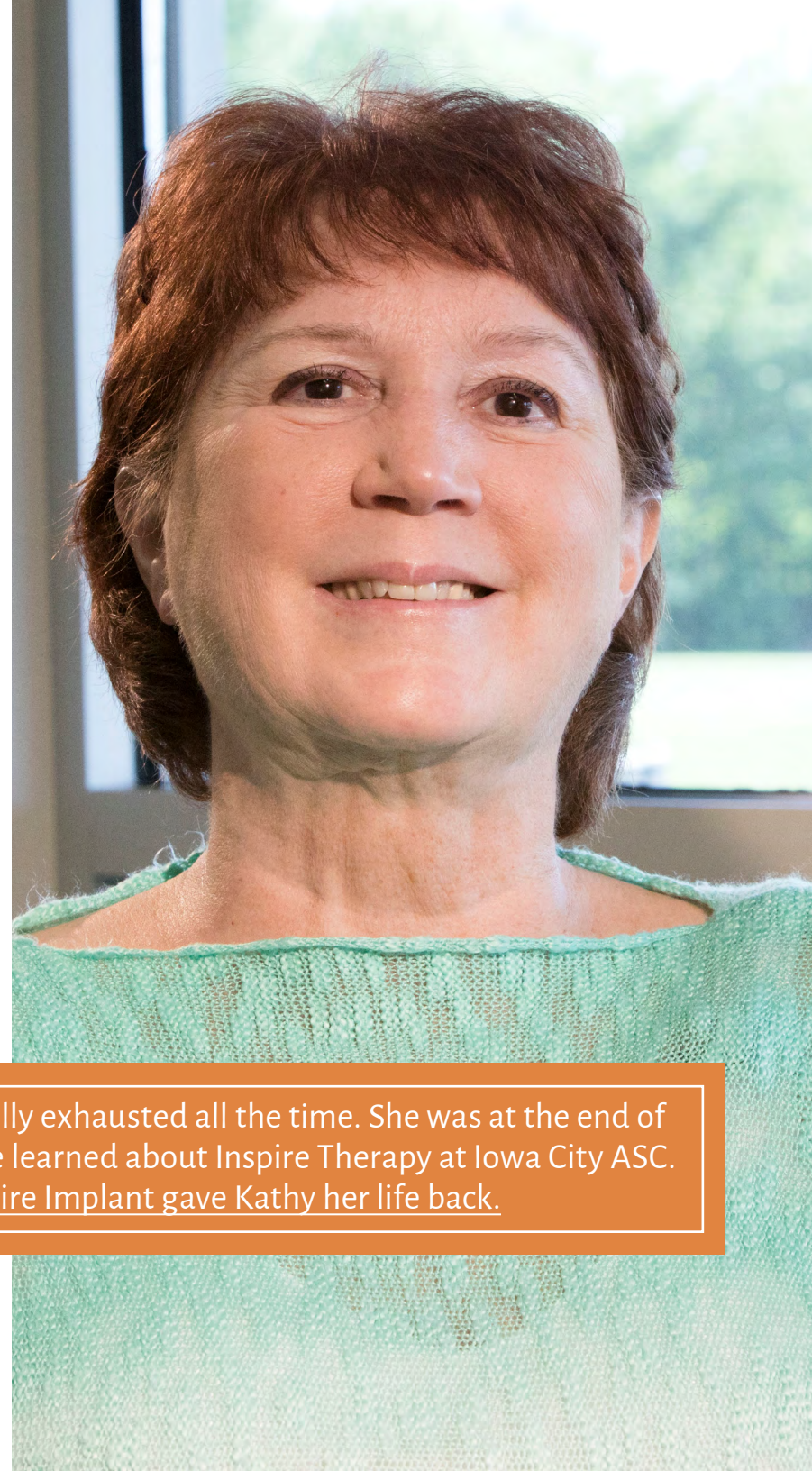
The rate of apnea events for patients, on average, dropped from 29.3 events per hour down to only 9 events per hour.

## What Happens During Inspire Therapy Surgery?

To implant the Inspire Therapy device, two small incisions are made: One in the upper neck and one next to the collar bone.

Inspire Therapy devices are implanted during an outpatient surgical procedure. There's typically no hospital stay and patients are generally allowed to recover at home.

Inspire Therapy surgery can often be performed at an ambulatory surgery center. Ask your physician if you'd be a good fit for surgery at Iowa City ASC.



Kathy was physically exhausted all the time. She was at the end of her rope. Then she learned about Inspire Therapy at Iowa City ASC. [Hear how the Inspire Implant gave Kathy her life back.](#)

## Inspire Surgery Recovery

Any pain and discomfort from the procedure will usually recede within 7-14 days.

You may be given a postoperative arm sling for comfort and recovery purposes. Most patients wear this sling for 1-3 days.

You may experience swelling around the incision sites. This swelling should last only 1-2 weeks.

There are no dietary restrictions after your Inspire Therapy sleep apnea implant surgery.

You will follow up with your sleep surgeon in the weeks and months after your surgery in order to ensure proper healing, turn the device on, and calibrate all the device settings.

The battery on your device will typically last for about 10 years. Replacing the battery may require a small surgical procedure that can be performed under local anesthesia (and possibly sedation).



## Should I Get Inspire or CPAP?

Talk to your doctor about your sleep apnea symptoms and your comfort level.

Before beginning any treatment, you'll undergo a sleep study to determine whether you have sleep apnea, and how advanced your condition may be.

Inspire Therapy allows you to focus simply on falling asleep—with no cumbersome machine, hoses, or masks. But it's not for everyone, and there are some non-serious side effects. So talk to your doctor about whether this might be a good fit for you.

Negative side effects of CPAP should also be discussed with your physician.

Think about your sleep habits: for some people, CPAP may be a preferred option. For others, the Inspire sleep apnea implant device could mean a great way to sleep normally (and healthfully) without an external machine.

Contact your primary care physician or [visit our site](#) to find out more about sleep apnea and [Inspire Therapy](#) upper airway stimulation.



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