Inspire

Sleep App Guide

Table of Contents

Inspire Sleep App

The Inspire Sleep app is a smartphone app that allows:

- Anyone to view educational articles and videos about obstructive sleep apnea and Inspire therapy.
- Patients who have an Inspire doctor to connect with their doctor's practice. Patients connected to a doctor's practice can receive and respond to communications, such as virtual check-ins and surveys.
- Patients implanted with Inspire and using an Inspire Sleep Remote Model 2580 to upload therapy usage data to Inspire SleepSync. Patients uploading therapy usage data can track their progress toward their sleep goal.

Who Is This Manual For?

This manual is for patients using an Inspire Sleep Remote Model 2580 who want detailed instructions and troubleshooting information on:

- Connecting the sleep remote to the Inspire Sleep app
- Uploading therapy usage data to Inspire SleepSync
- Tracking their progress toward their sleep goal
- All Inspire app functions, including the functions available when an Inspire Sleep Remote Model 2580 is connected.

Although some Inspire app functions are available to patients using other Inspire sleep remotes and people who do not have Inspire implanted, this manual is not intended to provide instructions for those audiences.

The Inspire Sleep Remote Model 2580 has the model number printed on the back of the sleep remote.

System Requirements

The Inspire app can be used on an iPhone or Android phone.

Operating system requirements:

- iPhone—iOS 15 or newer
- Android—Android 9 or newer

Getting Started

Before receiving an Inspire Sleep Remote Model 2580, some patients use the Inspire Sleep app to view educational articles and videos about Inspire or connect to their Inspire doctor.

- If you have not downloaded the Inspire app to your phone, go to "Downloading the Inspire App" on page 2.
- If you downloaded the Inspire app to your phone, and you:
  - Have not created an Inspire Sleep account, go to "Creating an Inspire Sleep Account" on page 3.
  - Created an Inspire Sleep account:
    a. Make sure you are signed in to your account.
    b. On the Menu ☰ tab, locate the **Where are you on your path to better sleep** card.
    c. Tap **Update**.
    d. Go to "Where Are You on Your Path to Better Sleep?" on page 5.

Downloading the Inspire App

1. Open the App Store (Apple: iOS) or the Google Play Store (Android) by scanning the QR code on the sleep remote package or tapping the store icon on your phone.
2. Enter **Inspire Sleep** to search for the Inspire Sleep app.

3. Tap **GET** (iOS) or **INSTALL** (Android).
   Note: If your phone requires a password before an app downloads, enter your password.

Creating an Inspire Sleep Account

1. Tap the Inspire Sleep icon to open the Inspire app.

2. Tap **Create account.**
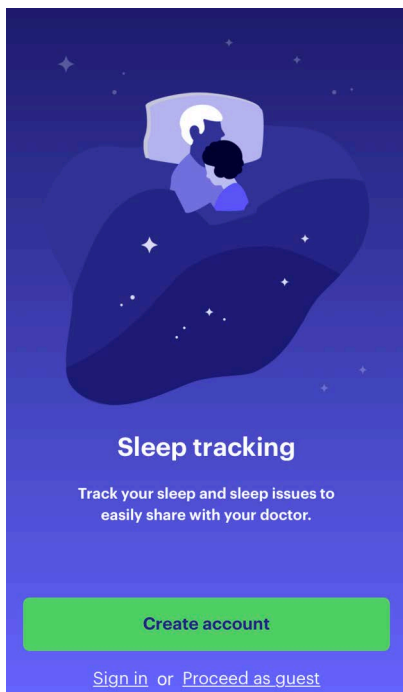
3. Create an account:

a. Enter your email address.

Note: Make sure to enter the email address your doctor has associated with you. If you enter a different email address, you will need to create a new Inspire app account with the correct email address.

b. Using the on-screen password requirements, enter and confirm a password.

c. Tap the terms of service and privacy policy check box.
   Note: On a small phone screen, you may need to scroll down to see the check box.

d. Scroll down to read all the service and policy sections.

e. After you scroll to the bottom of the service and policy screen, the I agree button turns green. To accept the terms of service and privacy policy, tap **I agree.**

f. Tap **Create account.**

g. Follow the on-screen instructions to verify your email address and set up 2-factor authentication.

Where Are You on Your Path to Better Sleep?

1. On the **Where are you on your path to better sleep?** screen, tap **I already have Inspire.**
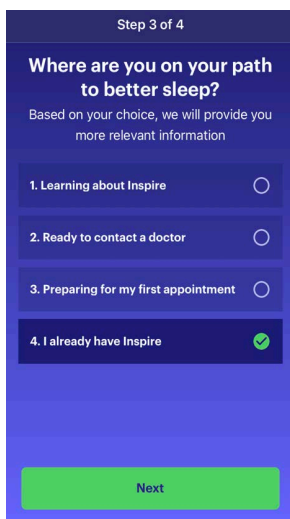
2. Tap **Next.**

3. On the **Would you like to share...?** screen, enter your first name, last name, and date of birth. You can also enter the optional information, such as your preferred name.

4. Tap **Next.**
5. Wait while the Inspire app creates your account.
6. If a **Congratulations** screen displays here or after you connect your sleep remote, select **Done**.

Connecting Your Sleep Remote

Connecting your Inspire Sleep Remote Model 2580 allows you to upload therapy usage data to Inspire SleepSync.

1. Verify that you have an Inspire Sleep Remote Model 2580:
   - If the **Which Inspire sleep remote...** screen displays, tap **Model 2580**.
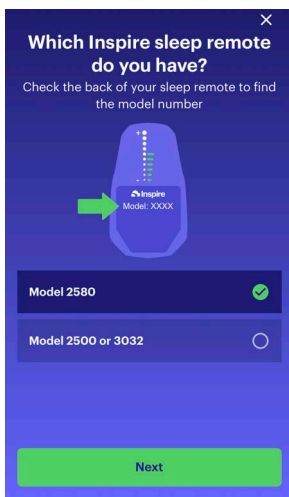
   - If the **Which Inspire sleep remote...** screen does not display:
     a. Tap the **Home** 🏠 on the bottom of the screen. The Home tab displays.
     b. On the **Connect remote** card, tap **Connect remote**.
     c. Tap **Connect remote**, on the connect remote card.
        - If no device was previously connected, this can be found on the Home screen
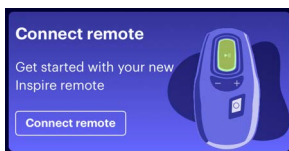
     d. Tap **Model 2580**.
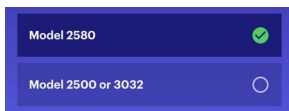
     e. Tap **Next**.

2. Tap **Get started**.

Let's connect your new Inspire remote

It will only take 1-2 minutes

Get started
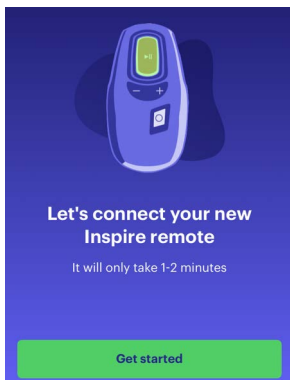
3. The Inspire app connects to your sleep remote using Bluetooth and Wi-Fi or cellular data.
   a. If a message about Bluetooth displays, follow the on-screen instructions to turn Bluetooth on.
   b. If a message about location services displays, follow the on-screen instructions to turn location services on. Bluetooth requires that location services are turned on.
   c. Make sure you have an active Wi-Fi or cellular data connection.
4. Make sure your sleep remote communicates with your generator:
   a. Press the Therapy Off (white) button on your sleep remote.
   b. Position the sleep remote over your generator.
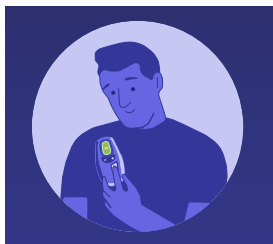
   c. Wait until the sleep remote produces a tone.

   For more detailed instructions, see "Using Your Inspire Sleep Remote" in your *Inspire Sleep Remote Manual*.
5. Connect your sleep remote:
   a. Tap **Continue**.

b. Follow the on-screen instructions to connect your sleep remote.

Notes:

- For instructions on opening the back of your sleep remote, see "Replacing the Sleep Remote Batteries" in your *Inspire Sleep Remote Manual*.
- If your previously paired device is now having trouble connecting, go to your Bluetooth settings on your phone, select the device and then select **Forget This Device** or **Unpair**. Return to step 1.
- If you unsuccessfully try to connect your sleep remote 3 times, call Inspire.

On the bottom of the screen, **Home** 🏠 changes to Sleep 📶 .

Connecting to Your Doctor

For your doctor to review your therapy usage data, you have to connect the Inspire app to your doctor's practice. You can request a connection to your doctor's practice, or your doctor can request a connection to you.

Requesting a connection

To request a connection to your doctor's practice:
1. Tap **Menu** ☰ on the bottom of the screen.
2. Tap **Find a doctor.**
   - If a question displays, answer the question.
   - If your phone has location services turned on for the Inspire app, doctors near you display.
   - Or search for your doctor by first name, last name, zip code, clinic name, clinic phone number, or clinic email.
3. Tap on your doctor's card.
4. Tap **Connect & share.**
   After your doctor accepts your connection request, the connection displays in My care team on the Menu ☰ tab.
   Note: If the card does **not** display Connect & share, your doctor's practice is not set up to allow you to request a connection. Your doctor can send you a request to connect.

Accepting a connection

If your doctor sent you a connection request, a screen requesting you to share your data displays. If your doctor sent you a connection request, and you have not received the request, update the Inspire app content. For instructions, see "Updating Content" on page 26.

To accept a connection request:
- On the **Request to share data** screen, tap **Accept.**
  After you accept your doctor's connection request, the connection displays in My care team on the Menu ☰ tab.

Sleep Tab

The Sleep tab summarizes your Inspire therapy use each night. For Inspire therapy, a night is from noon to noon. For example, Tuesday night is from noon Tuesday to noon Wednesday. Your total sleep time starts the moment you press the start button on your remote and continues until you turn it off. If you pause more than one time, any pauses after the first time are deducted from your sleep therapy time.

Note: The Sleep tab displays after you have connected an Inspire Sleep Remote Model 2580.

To display the Sleep tab, tap **Sleep** on the bottom of the screen.

If displayed, tap to return to current night

Tap to display another night this week

Swipe left or right to display another night

9:41

📅 Today   Feb 2023   ↗ 📈 🏆

Sat 6   Sun 7   Mon 8   Tue 9   Wed 10   Thu 11   Fri 12

6.5hr

100% of 6.5hr sleep goal

Sleep summary   GREAT   ›

Sleep survey
Take the questionnaire
Take survey

Virtual check-in
Let your doctor know how it's going with Inspire
Take survey

Sleep goal streak
18 days in a row!
15% to next badge

Feeling well rested
How are you feeling?
Edit

Sleep   Resources   Menu
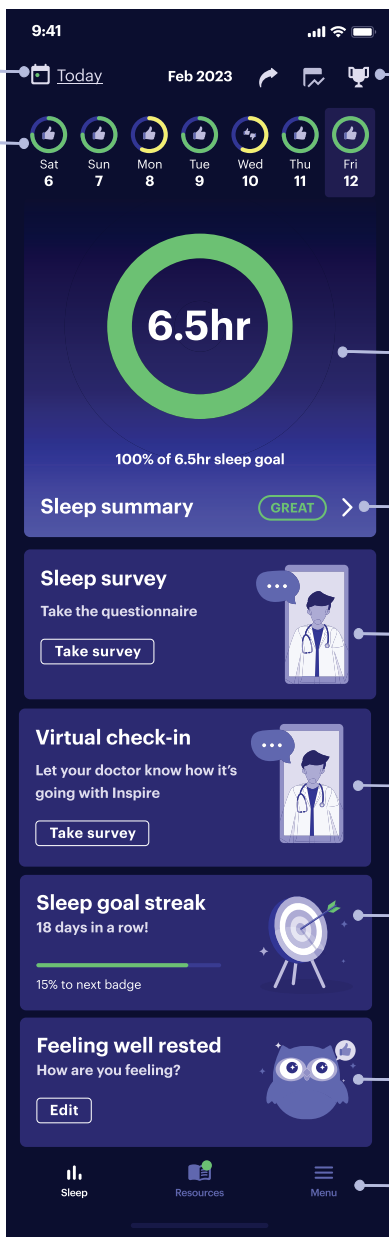
• Share a snapshot of your sleep screen
• Weekly and monthly sleep summaries
• Badges you earned for learning about and using Inspire therapy

Percent of sleep goal met:
Green: 66–100%
Yellow: 33–66%
Orange: 0–33%

Tap to view details of last night's sleep—Sleep summary shown on the next page

If displayed, tap **Take survey** to complete the Epworth Sleepiness Scale Survey sent from your doctor

If displayed, tap **Take survey** to complete the Virtual Check in survey sent from your doctor

Most recently updated streak

Sleep log entry for night displayed

The Sleep tab displays once you've connected the 2580 Sleep Remote

To display the Sleep summary select **Sleep summary** from the Sleep tab.

9:41	
‹	**Sleep summary**

Sleep summary [Edit sleep goal] ● — Edit your sleep goal

0H	2H	4H	>6.5H

▼ Inspire use [ ] Goal

A scale measuring your progress toward you sleep goal each night along with nightly sleep insights about your progress
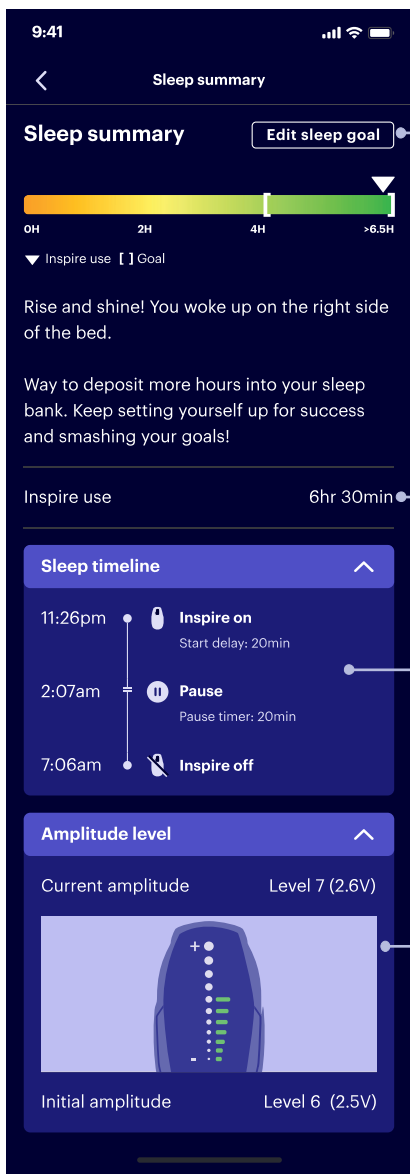
Rise and shine! You woke up on the right side of the bed.

Way to deposit more hours into your sleep bank. Keep setting yourself up for success and smashing your goals!

Inspire use   6hr 30min ●

Inspire use

Total time therapy was used throughout your night

Sleep timeline ⌃

11:26pm ●	🔒	**Inspire on**
		Start delay: 20min
2:07am	⏸	**Pause**
		Pause timer: 20min
7:06am ●	🔇	**Inspire off**

Sleep Timeline

A timeline of therapy on, therapy off, and pauses throughout your night.

Up to five pauses can be displayed.

Amplitude level ⌃

Current amplitude   Level 7 (2.6V)

Initial amplitude   Level 6 (2.5V)

Amplitude level

Your stimulation strength

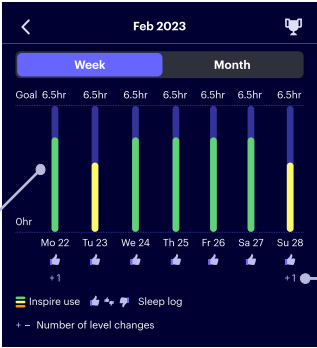Remote image matches the number of lights on the back of your remote.

If amplitude changed:
Current–End of night
Initial–Beginning of night

Viewing Weekly and Monthly Sleep Summaries

Sleep summaries display your progress toward reaching your sleep goal.

To view sleep weekly and monthly sleep summaries:
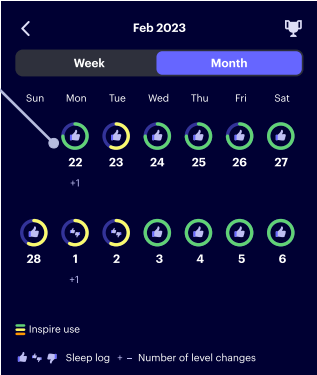
1. Tap **Sleep** [icon] on the bottom of the screen.
2. On the top of the screen, tap **calendar** [icon].
3. Choose which summary displays:
   - Tap **Week** to display the summary for the current week.
   - Tap **Month** to display the summary for the current month. Scroll down to display a previous month.

Percent of sleep goal met:
Green: 66–100%
Yellow: 33–66%
Orange: 0–33%

Level change – the increase or decrease in your level from the previous night.

An icon displays if you increased or decreased

Your sleep log entries:

[icon] Well rested

[icon] Ok

[icon] Tired

4. To return to the previous screen, tap the arrow on the top of the screen.

Displaying Therapy Usage Data from Previous Nights

You can display therapy usage data from previous nights. For Inspire therapy, a night is from noon to noon. For example, Tuesday night is from noon Tuesday to noon Wednesday.

Changing the night displayed

To change the night displayed:

1. Tap **Sleep** [icon] on the bottom of the screen.
2. Tap a night on the Sleep tab or the sleep summary screen:
   - To change to a night this week, tap a night on the top of the Sleep tab.
   - To change to a night before this week:
     a. Tap **calendar** [icon].
     b. Tap a month.
     c. Tap a night.
3. Swipe left or right to change the day or week.

Return to displaying tonight

To return to displaying tonight:

1. Tap **Sleep** [icon] on the bottom of the screen.
2. Return to displaying tonight:
   - If a date displays on the top of the Sleep tab, tap the date.
     - If the current time is before noon, last night displays.
     - If the current time is after noon, tonight displays.
   - If **current night** [icon] displays on the top of the screen, tap **current night** [icon].

Changing Your Sleep Goal

You can change the number of hours in your sleep goal. The sleep goal default is 6 hours.

Note: You can also change your sleep goal on the Menu tab. For instructions, see "Changing Your Sleep Goal" on page 23.

To change your sleep goal:

1. Tap **Sleep** ⏸ on the bottom of the screen.
2. Tap **Sleep Summary**.
3. Tap **Edit sleep goal**.
4. Select a number of hours.
5. Tap **Done**.
6. If **Save** displays, tap **Save**.

Viewing Achievements and Earning Badges

The Achievements screen displays each badge you earned and which badges have accumulated into streaks. This screen also guides you on how to earn more badges and allows you to share your achievements.

You can earn badges for:

- Completing goals such as using Inspire every day, reaching your sleep goal a number of days in a row, and maintaining a consistent bedtime
- Completing tasks such as viewing educational articles and videos

To open the Achievements screen:

1. Tap **Sleep** ⏸ on the bottom of the screen.
2. On the top of the **Sleep** tab, tap **achievements** 🏆.

Entering or Editing Sleep Log Entries

The sleep log is where you record how you feel each day. You can enter or edit sleep log entries for the five most recent nights.

To enter how you feel in the sleep log:
1. Tap **Sleep** 📊 on the bottom of the screen or answer when you first open the App.
2. Tap **Log sleep** or **Edit**.

3. Tap the owl that corresponds to how you feel: **Tired, Ok,** or **Well Rested**.
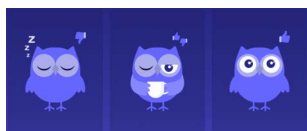
4. If you tapped Tired, a list of reasons displays. If you choose, tap a reason from the list.
5. Tap **Save**.

Uploading Therapy Usage Data

Therapy usage data includes:
- When you turned Inspire therapy on and off each night
- If you changed the amplitude (stimulation strength)
- Your sleep log entries

If the Inspire app is open, you are connected to Wi-Fi or cellular service, and within a few feet of your sleep remote, the system will attempt to upload therapy usage data automatically. You can also manually upload therapy usage data.

To manually upload therapy usage data:
1. Tap **Menu** ☰ on the bottom of the screen.
2. Tap **My devices**.
3. Tap **View details**.
4. Make sure your sleep remote is active by picking it up; however, therapy should be off.

5. Tap **Upload data**.
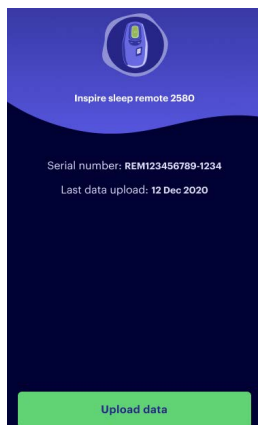
If therapy usage data does not upload:

a. Make sure:
   - Your sleep remote is within a few feet of your phone
   - Bluetooth on your phone is on
   - You have an active Wi-Fi or cellular data connection on your phone

b. Turn therapy off and try to upload data again

c. Reduce Bluetooth interference:
   - Move away from brick, marble, fluorescent lighting or microwaves
   - Disconnect or move away from other Bluetooth devices

If you are unable to upload data from your remote to your phone, please bring your remote to your office appointment and a clinician can upload the data to their system.

Note: Data uploads may take up to 24 hours to process. For upload status, tap **My devices**.

Resources Tab

The Resources tab allows you to access communications from your doctor, such as surveys and virtual check-ins. The Resources tab also allows you access up-to-date articles and videos about Inspire therapy.

To display the Resources tab, tap **Resources** 📘 on the bottom of the screen.

Resolving a Green Notification Dot

If the Resources icon displays a green notification dot 📗, you have a communication request that needs attention.

To resolve a green notification dot, tap **Resources** 📗.

Completing a Survey

If your doctor requested that you complete a survey, a survey card displays.

To complete a survey:
1. Tap **Resources** 📘 on the bottom of the screen or **Sleep Screen** if you have a device connected.
2. On the survey card, tap **Take survey**.
3. Complete the survey.
4. Tap **Submit** to send your survey responses to your doctor.

Completing a Virtual Check-in

If your doctor requested that you complete a virtual check-in, a virtual check-in card displays.

To complete a virtual check-in:
1. Tap **Resources** 📘 on the bottom of the screen or **Sleep Screen** if you have a device connected.
2. On the virtual check-in card, tap **Take survey**.
3. Complete the virtual check-in.
4. Tap **Done**.

Viewing Educational Articles and Videos

The Resources tab allows you to access up-to-date articles and videos about Inspire topics, such as sleep apnea treatment options and patient experiences with Inspire therapy.

To view educational articles and videos:
1. Tap **Resources** 🔲 on the bottom of the screen.
2. On a video or article card, tap **Learn more**.

Viewing FAQs

The FAQ (frequently asked questions) screen allows you to access up-to-date information on topics such as, how Inspire therapy works, what you need for appointments with your doctor, and Inspire insurance coverage information.

To read frequently asked questions:
1. Tap **Resources** 🔲 on the bottom of the screen.
2. Scroll down to an FAQ card, then tap **Learn more**.
3. Tap a question.

Searching Articles, Videos, and FAQs

A search on the Resources tab searches all articles, videos, and FAQs.

To search articles, videos, and FAQs:
1. Tap **Resources** 🔲 on the bottom of the screen.
2. Enter a search term in the **Search articles, videos and FAQs** bar.
3. On an article, video, or FAQ card, tap **Learn more**.

Menu Tab

The Menu tab allows you access to your Inspire Sleep account settings, your Inspire app settings, and many of the Inspire app functions.

Note: If your Inspire Sleep Remote Model 2580 is not connected to the Inspire app, some menu items do not display, and some menu items display in a different order.

To display the Menu tab, tap **Menu** ☰ on the bottom of the screen.
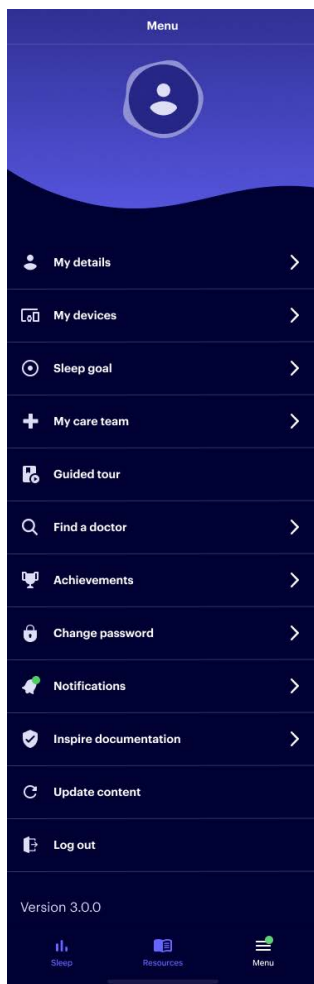
Editing Your Details

Your details include your personal information and your email address.

To edit your details.

1. Tap **Menu** ☰ on the bottom of the screen.
2. Tap **My details**.
3. Tap **Edit**.
4. Update your information.

   Note: Your email address is the email address your doctor has associated with you. You cannot change the email address for this account.

5. Tap **Save**.
6. Tap the arrow on the top of the screen to return to the Menu tab.

Viewing Your Sleep Remote Serial Number

When your Inspire Sleep Remote Model 2580 is connected to the Inspire app, you can view the sleep remote serial number.

To view your sleep remote serial number:

1. Tap **Menu** ☰ on the bottom of the screen.
2. Tap **My devices**.
3. Tap **View details**. The sleep remote serial number displays.
4. Tap the arrow on the top of the screen to return to the Menu tab.

Viewing When Therapy Usage Data Last Uploaded

When your Inspire Sleep Remote Model 2580 is connected to the Inspire app, you can view when therapy usage data was last uploaded.

To view the date when therapy usage data was last uploaded:

1. Tap **Menu** ☰ on the bottom of the screen.
2. Tap **My devices**.
3. Tap **View details**. The date when therapy usage data was last uploaded displays.
4. Tap the arrow on the top of the screen to return to the Menu tab.

Changing Your Sleep Goal

When your Inspire Sleep Remote Model 2580 is connected to the Inspire app, you can change your sleep goal. The sleep goal default is 6 hours.

To change your sleep goal:
1. Tap **Menu** ☰ on the bottom of the screen.
2. Tap **Sleep goal**.
3. Select a number of hours.
4. Tap **Done**.
5. Tap **Save**.

Managing Your Care Team

Your care team includes your prescribing doctor's practice and the practices of other clinicians who manage your care. When you are connected to a practice, the practice displays in My Care Team. Clinicians on your care team can view your uploaded therapy usage data and send communications such as surveys and virtual check-ins.

My Care Team also displays practice contact information.

Viewing or contacting your care team

To view or contact your care team:
1. Tap **Menu** ☰ on the bottom of the screen.
2. Tap **My care team.**
3. Tap **Active, Pending, Removed, or Declined** to see practices you've interacted with.
4. Tap a practice card to view detailed practice information.
5. If available, tap an email address or phone button to email or call a practice.
6. Tap the arrow on the top of the screen to return to the Menu tab.

Removing a care team connection

To remove a care team connection:
1. Tap **Menu** ☰ on the bottom of the screen.
2. Tap **My care team.**
3. Tap a practice card to view detailed practice information.
4. Tap **Edit care team**.

5. Tap **Remove connection**.

   Note: If you are only connected to one practice, you cannot remove the connection. Contact the practice and ask them to remove the connection.
6. Tap the arrow on the top of the screen to return to the Menu tab.

Guided Tour

Tap to view the Inspire guided tour.

Finding a Doctor

There are several ways you can search for an Inspire doctor near you.You can search for a doctor by ZIP code, physician name, clinic name, clinic phone number or clinic email.

To find a doctor:

1. Tap **Menu** ☰ on the bottom of the screen.
2. Tap **Find a doctor**.
   – If a question displays, answer the question.
   – If your phone has location services enabled for the Inspire app, doctors near you display.
   – You can search by ZIP code, physician name, clinic name, clinic phone number or clinic email by entering the information in the search bar.
3. Tap on a doctor's card. Detailed practice information displays.
4. If you want to connect with the doctor, tap **Connect & share**.
   – After the doctor accepts your connection request, the connection displays in My care team.
   Note: If the card does not display **Connect & share**, your doctor's practice is not set up to allow you to request a connection. Your doctor can send you a request to connect.
5. Tap the arrow on the top of the screen to return to the Menu tab.

Add A Doctor To Your Favorites List

When you favorite doctors, those doctors display at the top of **Find a doctor** search results and under My Doctor(s) on the My care team screen.

To favorite a doctor:
1. Tap **Menu** ≡ on the bottom of the screen.
2. Tap **Find a doctor** or **My care team**.
3. If an on-screen question displays, answer the question, then tap **Find a doctor**.
4. Tap the star ☆ on the doctor's card. The star turns green.
5. Tap the arrow on the top of the screen to return to the Menu tab.

Achievements

The Achievements screen displays achievement cards. Each achievement card is a category where you can earn badges and accumulate badges into streaks. After you earn a badge, you can share the badge.

Viewing and earning badges

To view your badges, streaks, and instructions for earning badges:
1. Tap **Menu** ≡ on the bottom of the screen.
2. Tap **Achievements**.
3. Tap a card, such as **Inspire education** or **Sleep goal**.

Sharing badges

After you earn a badge, a Congratulations screen displays.

To share a badge, tap **Share your success** on the Congratulations screen.

Changing Your Password

To change your Inspire app password:
1. Tap **Menu** ≡ on the bottom of the screen.
2. Tap **Change password** to change the Inspire app password.

Viewing Notifications

Notifications include communications from your doctor and reminders to complete tasks, such as upload therapy usage data, take a survey, or complete a virtual check-in.

To view your notifications:
1. Tap **Menu** ≡ on the bottom of the screen.
2. Tap **Notifications**.

Viewing Inspire Documentation

Inspire documentation includes the Inspire app terms of service and privacy policy and Inspire manuals.

To view Inspire documentation:
1. Tap **Menu** ≡ on the bottom of the screen.
2. Tap **Documentation**.

Updating Content

Inspire automatically updates content including Inspire doctors, care team practices, communications from your doctor, educational articles and videos, and frequently asked questions. If content does not update automatically, you can manually update content.

To manually update content:
1. Tap **Menu** ≡ on the bottom of the screen.
2. Tap **Update content**.

Logging Out

When you are logged out of the Inspire app, you can still access educational articles, videos, and frequently asked questions. You must be signed in to the Inspire app to view your upload therapy usage data and view your progress toward reaching your sleep goal.

When you are logged out of the Inspire app, your sleep remote will no longer automatically connect to your phone.

To log out of the Inspire app:
1. Tap **Menu** ≡ on the bottom of the screen.
2. Tap **Log out**.

Unpairing Your Sleep Remote

To unpair your sleep remote go to the My devices page, select the remote you wish to unpair, and press the **Forget device** button located at the bottom of the page. Follow the on-screen prompts.

If there is no remote listed in My devices please follow your phones specific instructions for unpairing a Bluetooth device, making sure to remove any sleep remotes from your saved devices list.

For specific instructions on unpairing your sleep remote, see the instruction manual for your phone.

If you unpair your sleep remote, your sleep remote will no longer automatically connect to your phone until you pair it again.

To reconnect your sleep remote to your phone, see "Connecting Your Sleep Remote" on page 7.

Inspire Technical Support

For help with the Inspire app, call Inspire Technical Support: 844-OSA-HELP or 844-672-4357

Clinician Account

If a patient using a Inspire Sleep Remote Model 2580 does not have a smart phone, does not have a smartphone that meets the Inspire app minimum requirements, or is having problems uploading therapy usage data, the clinician can upload therapy usage data using a clinic device.

To upload therapy usage data using a clinic device:
1. On the sign-in screen, tap **Clinician sign in**.
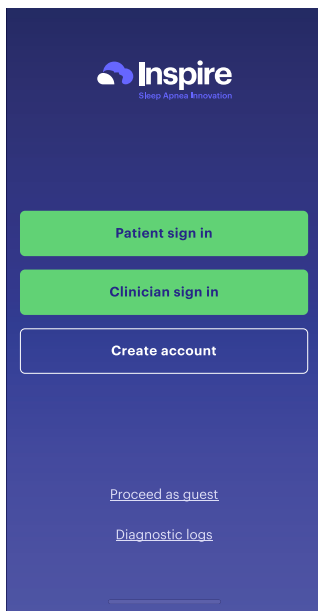
2. Sign in to your account by using the email and password from your Inspire SleepSync account.
3. Follow the on-screen instructions to:
   a. Select a practice.
   b. Connect to the patient's sleep remote.
   c. Upload data.
   d. Verify the patient's generator.
   e. Select a patient or create a new patient in the Inspire portal.
4. Tap **Log out**.

Troubleshooting

Reconnecting the Remote to Android Devices

1. Force stop the app by going to the device Settings > Apps > Inspire Sleep > Force Stop.
   - The exact location of the Force Stop may vary depending on the Android type.
2. From the Menu in the Inspire Sleep App, tap **My devices**.

3. Tap **Forget device.**
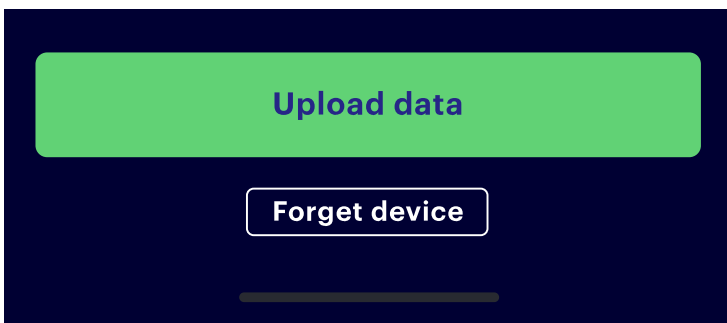
4. Tap **Go to Settings** to open your phone's Bluetooth Settings
5. If device is still listed, tap gear icon ⚙.
   - If device is not listed, skip to Step 7.
6. Select **Unpair** or **Forget.**
   - Depending on Android type, you may see the option to select **Forget** instead of **Unpair.**

7. Open the back of the remote. Then, press and hold the blue Bluetooth button inside the remote for at least 10 seconds.

8. Open the Inspire Sleep App and navigate to **My devices** from the Menu.

[⚙️] **My devices**   ❯

9. At the bottom of the screen, tap **Add a new device**.

Add a new device

10. Ready the remote for pairing.

Step 1
Connect to Inspire remote

Open the back of the remote, then press and hold the Bluetooth® button for 3 seconds until you see the Bluetooth light start to blink.

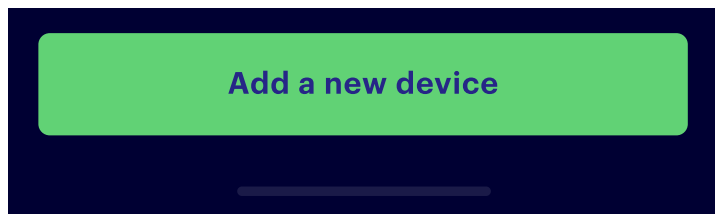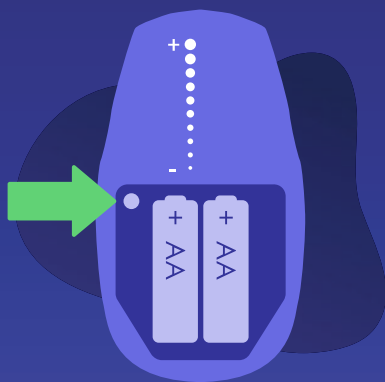- Push the small white Therapy Off button on the front of the remote, then hold the remote up to your Inspire implant.
- Listen for two beeps and watch for the remote to light up **Note:** If the remote doesn't light up or no audible tones, replace the remote batteries.
- Press and hold the blue Bluetooth button until you see the Bluetooth light start to blink.

11. Pair the remote to the phone.
- Tap **PAIR** to pair the remote to the phone's Bluetooth
- Press and release the blue Bluetooth button one more time, then the Bluetooth light will stop blinking.

If still unable to connect, continue with Reinstalling the App for Android Devices on page 32 to delete and reinstall the app.

Reinstalling the App for Android Devices

1. Follow steps 1-6 to Forget Device on page 29.
2. Delete the Inspire Sleep App.
   - Go to Settings, then tap **Apps.**
   - Under Recent, tap See **All Apps.**
   - Tap the **Inspire Sleep App** and then tap **Uninstall.**
3. Turn the phone off.
   - Tap the volume up and power at the same time, tap **Power Off.**
   - Wait 60 seconds.
4. Turn the phone back on.
   - Hold down power button and allow the phone to reboot.
5. Go to Play Store and reinstall the app.
   - Open Play Store and search "Inspire Sleep" to find the app.
   - Tap the **Install** button to reinstall the app.
6. Open the app and sign in.
7. Follow steps 9-11 of the "Reconnecting the Remote to Android Devices" on page 30.

Reconnecting the Remote to an iPhone

1. From the Menu in the Inspire Sleep App, tap **My devices.**

> 🔲 **My devices**   ❯

2. Tap **Forget device.**
3. Tap **Go to Settings** to open your phone's Bluetooth settings.
4. Find INSPIRE REM under **My Devices.**
   – Tap the blue information icon to the right of the connection status.
5. Tap **Forget This Device.**
   – Tap **Forget Device** in red to confirm.
6. Open the back of the remote. Then, press and hold the blue Bluetooth button inside the remote for at least 10 seconds.

7. Open the Inspire Sleep App and navigate to **My devices** from the Menu**.**

> 🔲 **My devices**   ❯

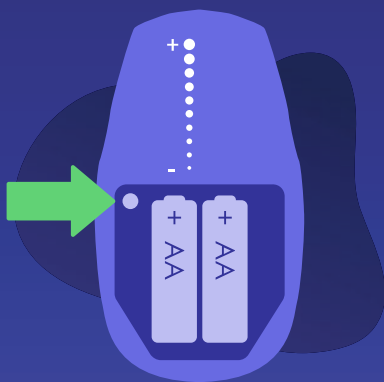8. At the bottom of the screen, tap **Add a new device**.

> **Add a new device**

9. Ready the remote for pairing.

Step 1
Connect to Inspire remote

Open the back of the remote, then press and hold the Bluetooth® button for 3 seconds until you see the Bluetooth light start to blink.

- Push the small white Therapy Off button on the front of remote, then hold the remote up to your Inspire implant.
- Listen for two beeps and watch for the remote to light up. **Note:** If the remote doesn't light up or no audible tones, replace the remote batteries.
- Press and hold the blue Bluetooth button until you see the Bluetooth light start to blink.

10. Pair the remote to the phone.
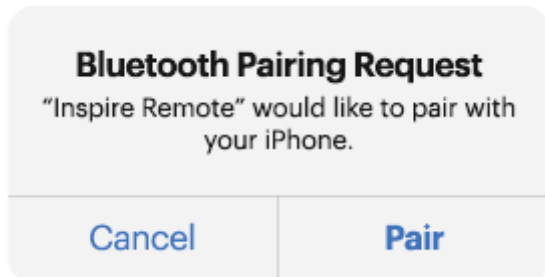
– Tap **PAIR** to pair the remote to the phone's Bluetooth.

Bluetooth Pairing Request

"Inspire Remote" would like to pair with your iPhone.

Cancel	Pair

– Press and release the blue Bluetooth button one more time, then the Bluetooth light will stop blinking.

If still unable to connect, see "Reinstalling the App for iPhone" on page 35.

Reinstalling the App for iPhone

1. Follow steps 1-6 on page 33 to Forget Device.
2. Delete the Inspire Sleep App.
   – Hold your finger on the app icon until the icons begin to shake and a minus symbol appears on each.
   – Tap the minus symbol.
   – When prompted, tap **Delete App** in red.
3. Turn the phone off for 60 seconds.
   – Hold down the power button and the volume up button simultaneously for a few seconds until a screen appears with the option to "Slide to Power Off". Follow that instruction.
4. Turn the phone back on.
   – Hold down power button until the Apple symbol appears and phone begins to reboot.
5. Go to App Store and reinstall the app.
   – Open the App Store and search "Inspire Sleep" to find the app.
   – Tap the re-download icon to reinstall the app.
6. Open the app and sign in.
7. Follow steps 8-10, starting on page 33, of the Reconnecting your Remote for iPhone section.

▲▲▲ Manufacturer
Inspire Medical Systems, Inc.
5500 Wayzata Blvd, Suite 1600
Golden Valley, MN 55416 USA
Tel: +1-844-672-4357
      +1-763-205-7970
Fax: +1-763-537-4310
www.inspiresleep.com