OBSTRUCTIVE SLEEP APNOEA (OSA)

A QUICK GUIDE

Inspire
Inspire Medical Systems

the Sleep Charity

What Is OSA?

OSA is when the airway repeatedly narrows or closes during sleep, leading to pauses or reduced breathing.

Common Signs

- Loud **snoring**
- **Pauses in breathing** seen by a partner
- Feeling very **sleepy during the day**
- Find it **hard to concentrate**
- Waking with **headaches**

Who Could Be At Higher Risk?

- People who are **overweight**
- **Men**
- **Older adults**
- Those with a **family history** of OSA
- Having **large tonsils,** a **large tongue** or a **small jawbone**

How Is It Diagnosed?

- Discussion of symptoms with a **GP**
- Questionnaires like **STOP-BANG** or **ESS**
- A home or in clinic **sleep study**

Treatment Options

- Weight loss and **lifestyle changes**
- **CPAP –** a machine that pumps air into a mask that you wear over your mouth or nose
- **Mandibular Advancement Devices (MAD) –** a gum shield like device that holds the airway open while you sleep
- **Positional therapy**
- **Hypoglossal nerve stimulation** such as Inspire therapy – an OSA pacemaker for people who cannot use CPAP

Why Treatment Matters

Treating OSA can improve **sleep quality, energy, concentration** and long-term **health.**

If you think you might have OSA, **speak to your GP.** Getting help can make a huge difference to your health and wellbeing.

thesleepcharity.org.uk

Inspire therapy is not suitable for everyone. It is a surgically implanted system for the treatment of moderate to severe obstructive sleep apnoea (OSA) in patients for whom CPAP therapy is not effective or not tolerated. Always speak to your dr about your treatment options. Individual treatment results may vary. For information, visit www.inspiresleep.co.uk/important-safety-information

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OBSTRUCTIVE SLEEP APNOEA (OSA)

WHAT YOU NEED TO KNOW

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What Is OSA?

Obstructive Sleep Apnoea (OSA) is a sleep disorder where your airway repeatedly becomes blocked while you sleep. This can cause your breathing to become shallow **(hypopnoea)** or stop completely **(apnoea)** for short periods - even though your body is still trying to breathe.

Why Does It Happen?

When you sleep, the muscles that keep your airway open relax. In some people, this leads to the airway **narrowing** or **collapsing.** Things that make this more likely include:

- Being overweight
- Certain facial or jaw shapes
- Getting older
- Differences in how your nerves and muscles work

How Common Is It?

OSA is common and frequently underdiagnosed, affecting a significant proportion of adults. It affects approximately **25%** of the UK population[1].

Signs and Symptoms

Look out for:

- Loud snoring
- Pauses in breathing or choking/gasping during sleep (often noticed by someone else) / Witnessed apnoeas or gasping/choking during sleep
- Waking up tired or with headaches
- Feeling very sleepy during the day
- Trouble concentrating or feeling irritable
- Waking up to go to the toilet often
- Dry mouth when you wake up

Who Could Be At Higher Risk?

- People who are overweight
- Those with jaw or facial structure issues
- Older adults
- Men
- Having a large neck size
- Drinking alcohol and smoking
- A family history of OSA
- Gastroesophageal reflux **(GERD)**
- Nasal congestion

[1]Benjafield AV et al. (2019) Lancet Respiratory Medicine. 7 (8): 687-698

How Is It Diagnosed?

Doctors use:

- Your sleep history and questionnaires (like **STOP-BANG** or **Epworth Sleepiness Scale)**
- **Sleep studies** (done at home or in a clinic) to measure breathing and sleep patterns

Treatment Options

- **Lifestyle measures:** Lose weight, cut down on alcohol, stop smoking.
- **Continuous Positive Airway Pressure Therapy (CPAP):** The machine pumps air into a mask that you wear over your mouth or nose while you sleep, aims to stop your airways getting too narrow (most common for moderate to severe OSA).
- **Mandibular Advancement Devices (MADs):** These move your jaw forward to keep your airway open. Useful for mild-moderate OSA or if CPAP isn't suitable and are usually fitted by a dentist.
- **Positional therapy:** Avoid sleeping on your back for positional OSA.
- **Upper airway surgery:** Considered in selected cases.
- **Hypoglossal nerve stimulation such as Inspire® therapy:** A discreet, mask-free solution for people with moderate-to-severe OSA who can't tolerate CPAP. It's a small, implanted pacemaker for sleep apnoea that works with your natural breathing rhythm to keep your airway open by gently moving your tongue forward during sleep. Patients switch on the therapy each night with a handheld remote - no masks, consumables or nightly routines.

Why Treat OSA?

Untreated OSA can lead to:

- Poor quality of life and constant tiredness
- Memory and concentration problems
- Higher risk of car accidents
- High blood pressure and heart disease
- Diabetes and other metabolic issues
- Depression and mood problems

If you think you might have **OSA, speak to your GP.** Getting help can make a huge difference to your **health and wellbeing.** If you haven't found a treatment that works for you yet, revisit your **GP** or **sleep team** to discuss your options.

Inspire therapy is not suitable for everyone. It is a surgically implanted system for the treatment of moderate to severe obstructive sleep apnoea (OSA) in patients for whom CPAP therapy is not effective or not tolerated. Always speak to your dr about your treatment options. Individual treatment results may vary. For information, visit www.inspiresleep.co.uk/important-safety-information

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