

Introduction to Intermittent Negative Airway-Pressure

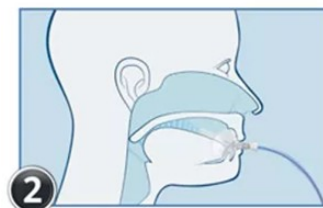
For patients with sleep apnea, the airway is floppy and can collapse when you are sleeping. This causes the oxygen levels to fall and the carbon dioxide levels to rise. This can cause your brain to wake up briefly in order to open up the airway and normalize those levels. Once you fall asleep again, the cycle continues. This can lead to poor sleep (from the awakenings) and high blood pressure or stroke (from the low oxygen levels and the adrenaline surge that happens when you wake up repeatedly).

iNAP (Intermittent Negative Airway-Pressure):

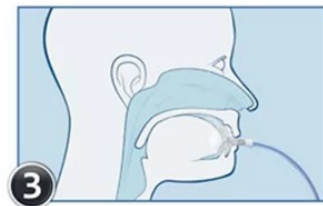
This is a device that uses negative pressure to pull the soft tissue forward in order to open the airway to allow for clear nasal breathing. It consists of a rechargeable unit with a soft mouthpiece that will exert light negative pressure to create a gentle suction in the oral cavity. Once adequate suction has been achieved, the device goes into an idle state and is quiet. Any saliva that may be produced due to the suction will be collected and absorbed into a small pouch that is then disposed of the following morning. There is nothing on the face and the small, flexible tubing is less noticeable than a conventional PAP device.



Airway is blocked and air does not flow through properly.



iNAP creates negative pressure within the oral cavity itself.



The negative pressure pulls the tongue and soft palate forward to keep the airway open.

This is not covered by insurance but is available through a subscription model where, for a monthly fee, you will receive the unit, the disposable collection pouches, and replacement mouthpieces.

The overall objective is to find a treatment option that is effective and well-tolerated. This involves having an open discussion with your sleep health care practitioner about any concerns you may have about treatment options. Everyone is different.