

SLEEP IMPLANT — CANDIDATE GUIDE

Hypoglossal Nerve Stimulation — Quick Guide

ARE YOU A CANDIDATE?

- ✓ Obstructive sleep apnea confirmed by sleep study within 2 years.
- ✓ Tried CPAP but not tolerated or not helpful
- ✓ Age 18+; BMI within program criteria (surgeon will advise)
- ✓ Anatomy suitable on exam/DISE (no complete concentric collapse)
- ✓ Able to have outpatient surgery and use a handheld remote
- ✓ **May not be a candidate if:** Central sleep apnea or hypoventilation is predominant
- ✓ Serious, unstable heart/lung disease or bleeding risk
- ✓ Pregnancy or planning near-term pregnancy
- ✓ MRI needs not compatible with your device model
- ✓ Elevated BMI

RISKS & SIDE EFFECTS

- Pain, swelling, bruising, or temporary tongue weakness
- Speech/swallow changes; infection, bleeding, scarring
- Device issues may need adjustment or replacement
- MRI compatibility varies by model; ask your care team

ABOUT THE PROCEDURE

- Outpatient procedure with small incisions under the jaw and chest; requires outpatient center referral.
- A stimulator is placed in the chest with a lead to the tongue nerve
- Most people go home the same day

FOLLOW-UP & SUCCESS

- Device activation about 4–6 weeks after surgery
- In-office titration and adjustments over 2–3 months; may include an overnight study
- Follow-up visits every 6–12 months to monitor results and battery life
- Many patients report less snoring and better sleep with nightly use

NEXT STEPS

Online Booking / Consult:
<https://med.tc/vw/?r=ujQcJ3>

Patient Portal:
(Messages/forms/results)
<https://shorturl.at/azEbC>

Questions:
(480) 835-7111

Emergency? Call 911.

EVALUATION STEPS BEFORE YOU DECIDE

- Visit with a sleep physician and ENT surgeon
- Review sleep study and drug-induced sleep endoscopy (DISE)
- Imaging and pre-op testing, if needed
- Insurance preauthorization required by most plans

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