

# Implant for Sleep Apnea

Now, a Health Minute.

The go-to treatment for obstructive sleep apnea is often CPAP. But if you have trouble using this machine, your healthcare provider may advise a hypoglossal nerve stimulation implant.

This small device is placed under your skin near your collarbone. It has a wire that connects to the hypoglossal nerve, that nerve that controls your tongue.

Before bedtime, you turn the implant on with a remote. Then, while you sleep, the implant monitors your breathing.

When you take a breath, the implant sends an electric pulse to the hypoglossal nerve that controls your tongue, causing it to move forward. This movement opens your airway.

A similar implant is used to treat central sleep apnea. But it connects to the phrenic nerves controlling the diaphragm, the main muscle that helps you breathe.

Many people with sleep apnea who get an implant sleep better. Talk with your healthcare provider to see if it may be a treatment option for you