

PHILIPS

Sleep Position Therapy

Position yourself for better sleep

Learn about a new therapy for
positional obstructive sleep apnea



Position yourself to succeed with NightBalance Lunoa



To learn more visit:

www.philips.com/nightbalance-lunoa

What is it?



NightBalance Lunoa is a palm-sized device worn comfortably across the chest in a soft, adjustable belt. It softly and quietly delivers gentle vibrations to encourage sleeping on your side.



How does it work?



By adjusting your sleep positions to stop lying on your back at night, the NightBalance Lunoa technology helps adjust your sleeping position. The device prompts you to move off of your back without disturbing your sleep.^{1,2}

NightBalance Lunoa continuously monitors your sleep positions and adjusts the intensity of its vibrations to meet your individualized needs.

Remarkable results

The NightBalance Lunoa algorithm is effective at reducing the AHI in patients with positional OSA.³

Adults with POSA used NightBalance Lunoa for more than two years. Here are the results they reported:

66%

of adults using the NightBalance Lunoa technology reported fewer episodes of suddenly waking up during the night⁴

69%

of adults using NightBalance Lunoa reported that their bed partner noticed a decrease in their snoring severity^{4,5}

70%

felt less sleepy during the day⁴

72%

felt a decrease in fatigue during the day⁴

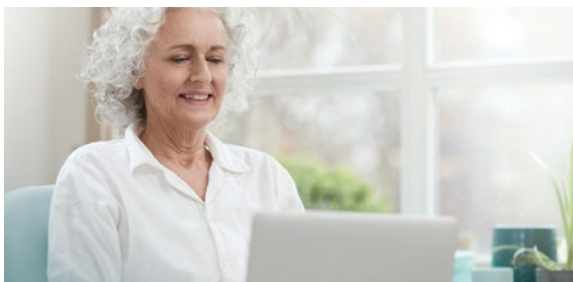
73%

felt more refreshed during the day⁴

73%

of adults using the NightBalance Lunoa therapy reported a long-term improvement in the three most reported POSA symptoms⁶

Track your success



NightBalance Lunoa helps you track your success. Your sleep position data is automatically uploaded from the charging station into a secure portal, where you can easily access it through your personal dashboard. Log online to check your progress and take charge of your sleep health.

Does sleeping on your back put you in a tough position?

Positional Obstructive Sleep Apnea (POSA) is different from other types of OSA—it is a specific condition in which the vast majority of symptoms occur when you sleep on your back. According to a recent clinical study, exclusive POSA was present in **between 36% and 47%** of OSA patients.⁷

If you have POSA, you can manage the position you sleep in which may help to decrease your POSA symptoms.

What treatment will position you to be at your best?

Understanding POSA



Sleeping on your back:
**obstructed airway,
disordered breathing**



Side sleeping:
**clear airway,
easy breathing**

POSA (positional obstructive sleep apnea) is a distinct diagnosis with unique therapeutic needs. It's important for you and your doctor to determine whether you have POSA, so you can explore your available treatment options.

References: **1.** Van Maanen et al. 2013, The sleep position trainer: a new treatment for positional obstructive sleep apnea. **2.** Eijsvogel et al. 2015, Sleep Position Trainer versus Tennis Ball Technique in Positional Obstructive Sleep Apnea Syndrome. **3.** Improvements maintained at 12 months. Durability of treatment effects of the Sleep Position Trainer versus oral appliance therapy in positional OSA: 12-month follow-up of a randomized controlled trial, de Ruiter et al, 2017. **4.** Dutch Apnea Society (Apneuvereniging). Dutch survey based on 75 NightBalance Lunoa users for an average of 2.2 years, 2017. **5.** Snoring severity was defined as both loudness and intensity as perceived by partner. **6.** The 3 most reported symptoms were: non-refreshing sleep (95%), fatigue (93.3%), and episodes of breathing cessations, gasping, and/or choking during the night (92%). Consistent with OSA symptoms as defined by AASM and Dutch guidelines. Dutch Apnea Society (Apneuvereniging). Dutch survey based on 75 NightBalance Lunoa users for an average of 2.2 years, 2017. **7.** In a recent study by Heinzer, et al. (2018), 36% of patients met the criteria of POSA and had a non-supine AHI of less than 5; 47% of patients met the criteria of POSA and had a non-supine AHI of less than 10.



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Caution: Federal law restricts this device to sale by or on the order of a physician.

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