

We're on your side for better sleep

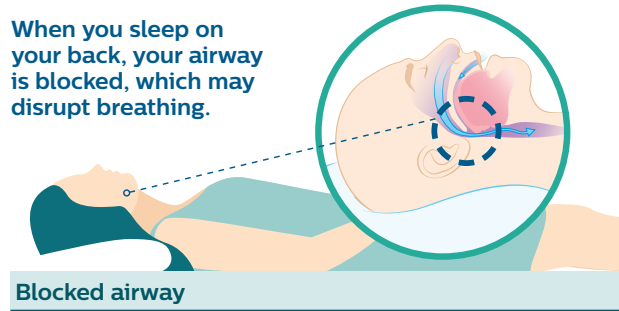
Understanding positional OSA

Struggling to get a good night's sleep can be frustrating and can leave you feeling less than your best. The answer may lie in changing your sleep position.

If you have obstructive sleep apnoea (OSA) and experience twice as many apnoea events on your back than you do on your side, you may have positional OSA.

- Positional OSA can occur in nearly half of all people with OSA.¹
- If you have positional OSA, sleeping on your side can significantly reduce symptoms.
- **Ask your doctor if your sleep study reveals that you have positional OSA.**

When you sleep on your back, your airway is blocked, which may disrupt breathing.



When you sleep on your side, your airway is clear, which allows for easy breathing.



Philips NightBalance is available from leading sleep therapy providers nationwide. Visit www.philips.com.au/nightbalance for locations.

References: 1. Heinzer, R. et al, Prevalence and Characteristics of Positional Sleep Apnea in the HypnoLaus Population-based cohort, *Sleep Medicine* 2018; 48:157-162. 2. Dutch Apnea Society (Apneuvereniging) survey based on 75 NightBalance users for an average of 2.2 years; 2017. 3. Berry et al. NightBalance Sleep Position Treatment Device Versus Auto-Adjusting Positive Airway Pressure for Treatment of Positional Obstructive Sleep Apnea. *J Clin Sleep Med.* 2019 Jul 15;15(7):947-956.



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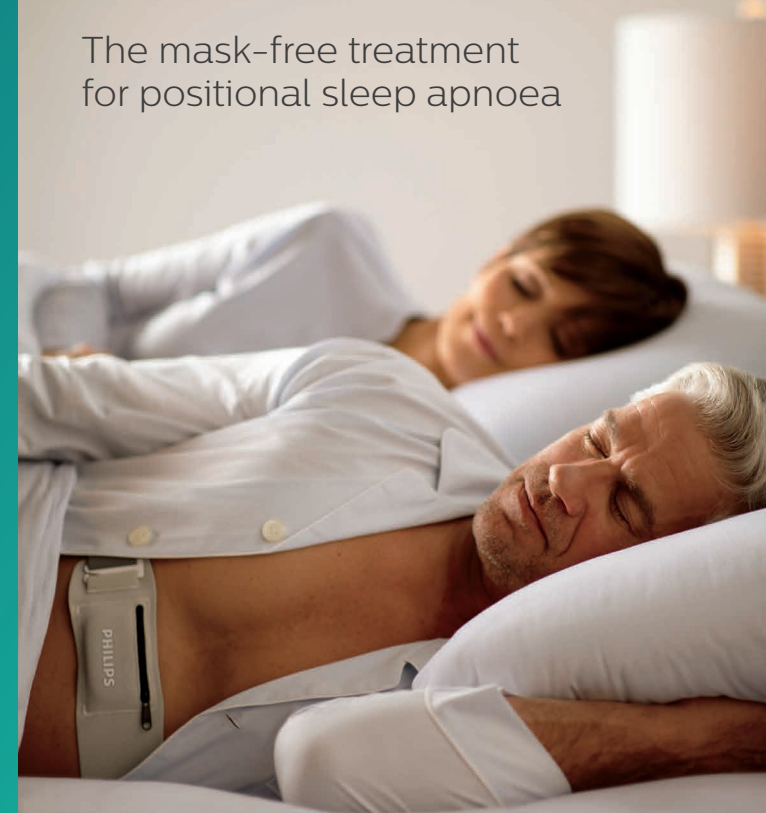
PHILIPS

Sleep position therapy

Philips NightBalance

We're on your side

The mask-free treatment for positional sleep apnoea



Introducing Philips NightBalance

The clinically proven, mask-free treatment for positional OSA



More than 7 out of 10 people using NightBalance said they had lasting improvement in the three most common positional OSA symptoms.²

You know how much better you feel when you get a good night's sleep, but wearing a mask isn't always easy.

NightBalance is a mask-free treatment that:

- is **easier to adjust to** and more comfortable than CPAP³
- **delivers gentle vibrations** that prompt you to shift onto your side without disturbing your sleep.

When it comes to getting a good night's rest, we're on your side with a therapy that's proven to work and easy to use.³

NightBalance: a closer look

NightBalance is compact, simple to set up, easy to use and comfortable to wear. It continuously monitors your position, prompting you to move to your side, and automatically adjusts the intensity of its vibrations to give you the therapy you need.



philips.com.au/nightbalance

Sleep mask free. Wake up rested.

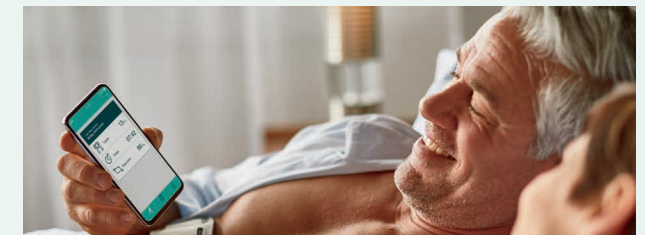
Studies show that using NightBalance significantly reduces breathing disturbances during the night, so you wake up with more energy.³ In fact, **over 70% of adults using NightBalance reported feeling more refreshed during the day.**²



Comfortable to wear. The palm-sized device is worn across the chest with a soft, adjustable strap. It has been found to be more comfortable than CPAP.³



Easy to adjust to. You can gradually adjust to the NightBalance vibrations over a nine-night period with the unique adaptation program.



Tracks your progress. The mobile app makes it easy to see how your treatment is progressing (and your doctor gets updated information, too).