

# NIGHT SHIFT™ Sleep Positioner



## Intelligent, Interactive Monitoring

### Clinically proven to:

- Reduce positional obstructive sleep apnea and snoring
- Improve sleep architecture and sleep continuity
- Reduce sleep apnea symptoms e.g., daytime sleepiness, depression, etc.

### How it works:

- Delivers vibro-tactile feedback to limit back (supine) sleep
- Adapts feedback intensity to minimize awakenings
- Provides user time to fall asleep before initiating treatment

### Pick Your Placement



Neck



Chest

### Monitors up to 365 days of:

- User compliance
- Treatment efficacy
- Sleep efficiency
- Sleep fragmentation
- Loud snoring



ADVANCED  
BRAIN MONITORING

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(760) 720-0099 | [advancedbrainmonitoring.com](http://advancedbrainmonitoring.com)

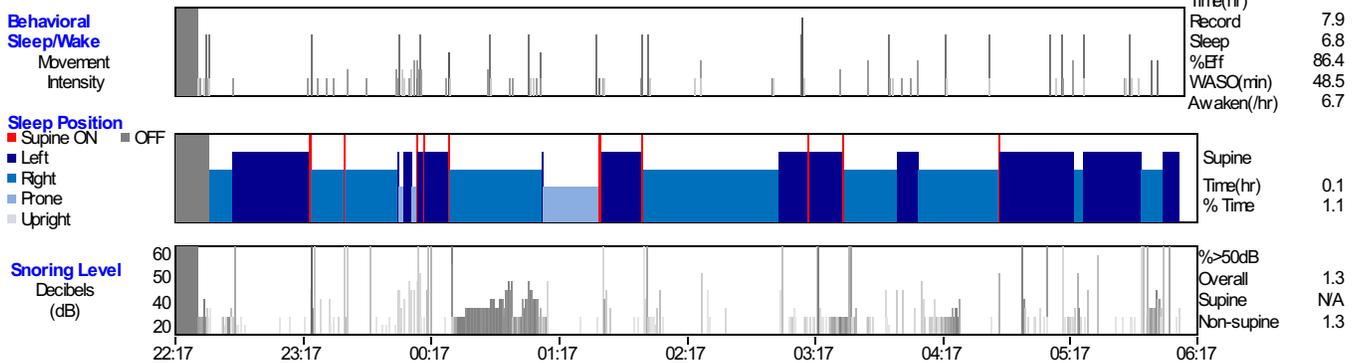


## Therapy Mode – Feedback On

Wednesday, April 02, 2014 22:17

No. Supine Attempts: 11

Feedbacks/Attempt: Typical: 18 Minimum: 2 Maximum: 32

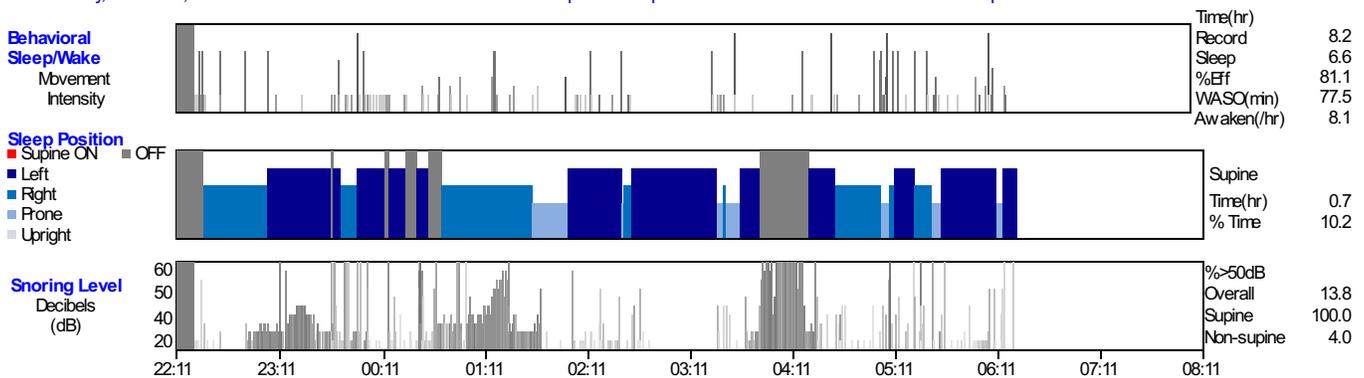


## Monitoring Mode – Feedback Off

Wednesday, March 26, 2014 22:11

No. Supine Attempts: 5

Feedbacks/Attempt: Feedback Off



## Supporting Scientific Evidence

### Journal of Clinical Sleep Medicine

Volume 10, August 2014, Page 863-871

#### Assessment of a Neck-based Treatment and Monitoring Device for Positional OSA

##### Key Findings:

- 83% of participants exhibited  $\geq 50\%$  reduction in overall AHI, with a median AHI reduction of 79%
- Positional Therapy (PT) contributed to significant reductions in cortical arousals and awakenings, reduced N1 and increased N2 sleep
- When PT was delivered, sleep efficiency by neck actigraphy was within 10% of PSG in 87% of studies
- Supine position was under-detected by  $> 5\%$  of sleep time in only 3% of the cases



### BEHAVIORAL SLEEP MEDICINE

Volume 16, Jan-Feb 2018, Page 27-37

#### User Compliance and Behavioral Adaptation Associated with Supine Avoidance Therapy

##### Key Findings:

- Overall compliance based on  $\geq 4$  hr each night was 71%
- Regular use of  $\geq 4$  h/night over 70% of nights was 88%
- Poor early compliance predict long-term utilization; 92% of those non-compliant across the first 12 weeks of therapy remained non-compliant
- Patients did not habituate toward non-response to the supine avoidance stimulus
- Patients did not become 'trained' to avoid the supine position