



Apnea?

NightBalance introduces the user-friendly solution...

Product information for patients

NightBalance...prevents apnea effectively and comfortably

NightBalance developed a new treatment for positional sleep apnea, based on research at Delft University of Technology in the Netherlands. The Sleep Position Trainer prevents sleep apnea comfortably and effectively and improves your and your partner's sleep. Better sleep makes you feel more refreshed and improves your daytime performance.



A comfortable solution



Positional therapy is proven effective in clinical research



Developed based on research at the Delft University of Technology

Apnea: you feel tired and stressed

Apnea is a disturbed breathing pattern during sleep, with consequences such as severe fatigue, poor concentration and an increased risk of heart failure.

Supine sleep can be the cause

In half of the cases, sleep apnea is caused by sleeping on your back. In the supine position, the tongue can fall backwards and block the airway. This is called 'positional sleep apnea' (see figure 1 below).

Can you do something about it?

Why not simply adjust your sleeping position? Research shows that sleeping on your side decreases the obstruction in the throat and reduces the effects of your positional sleep apnea (see figure 2 below).

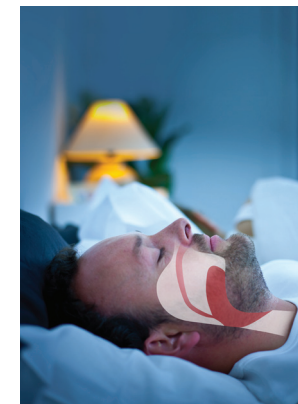


fig.1: Tong blocks airway

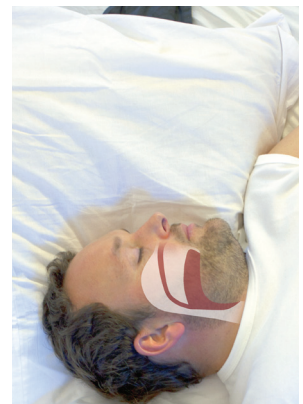


fig. 2: airway is free

Calm nights with NightBalance

You can prevent supine sleep, and consequently apneas and related complaints by using the Sleep Position Trainer. This device contains an active sleep position sensor, which continuously measures your sleep position, and –when necessary- provides you with a soft vibration. React to this vibration by turning to a healthy position. This is how the Sleep Position Trainer gently trains you not to sleep on your back.

The Sleep Position Trainer is a small and light device, about the size of an iPod. It can be worn easily and comfortably around the chest using an elastic torso strap.



The effectiveness of the Sleep Position Trainer is proven...

The device was developed based on research at the Delft University of Technology in the Netherlands. The Sleep Position Trainer has been extensively tested and researched by doctors in the Netherlands at the Medisch Spectrum Twente in Enschede and the Sint Lucas Andreas Hospital in Amsterdam. Based on the research, the device was further optimized for comfort and ease of use.

...and is comfortable to use

NightBalance provides a gentle training program that gradually trains you not to sleep on your back. The device waits until you fall asleep before starting the training; you can even fall asleep on your back if you like. You can also put the device in a twenty minute pause mode, which gives you some time to lie on your back. After the twenty minute pause the training program automatically resumes.

See your progress with your own eyes

You can see your sleep data on your computer or device allowing you to see your own sleep behavior. Also, your physician can look at the sleep data and analyze how you are doing. NightBalance gives support about the use of the device, feedback about your training and sleep tips via our website.

NightBalance contributes to your happiness and health

Treating your apnea improves your sleep and that of your partner. Better sleep makes you feel more refreshed and improves your daytime performance.

Sleep well... and have a great day!

Consult your physician

You have to decide with your ENT- or lung-physician whether you want to treat your sleep apnea with NightBalance. Ask for it at your ENT- or lung-physician or visit www.nightbalance.com.