



# NIGHT SHIFT™

## Sleep Positioner

### What Is Night Shift

Night Shift is a simple, non-invasive treatment option for positional sleep apnoea. Sleep apnoea is a sleep disorder characterised by a collapsing of the upper airways during sleep which results in abnormal pauses in breathing. This can have a negative impact on your health and quality of life. The occurrence of apnoea can often be more predominant when sleeping on your back. Night Shift uses a vibrating sensor to discourage you from sleeping on your back.

### How Does Night Shift Work?

The device is worn around the neck during sleep and it monitors which position you are sleeping in. If you roll onto your back the device will administer a subtle vibration at the back of the neck, slowly increasing in intensity until you change position. Through continual use you will gradually become trained to avoid sleeping on your back.



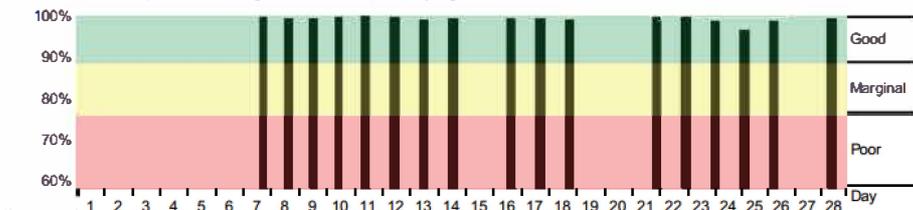
### Night Shift Trials with Sleep Australia

The trial with Sleep Australia are 2 weeks in length and include:

- An initial appointment where the Sleep scientist will explain your sleep study results and treatment recommendations. The scientist will fit the device, show you how to make adjustments and how to use it.
- A follow up call at week 1 to see how you are going with the device and to provide any support if required.
- An end of trial appointment where the device will be downloaded and the data analysed to determine if the treatment is successful. At this point recommendations for long term treatment will be discussed with you.

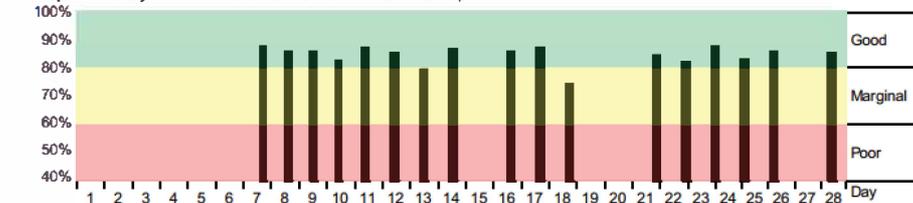
When Used Avg. Supine Attempts/Night: 5 No. Nights Non-Supine > 90%: 17 Avg. Sleep Time Non-Supine: 99%

% Time Non Supine - % of night user was not sleeping on back



When Used No. Nights with Sleep Efficiency > 80%: 15 Avg. Sleep Efficiency: 86%

Sleep Efficiency - % of time user was in bed and asleep



Talk to our friendly staff to see if  
Night Shift is right for you!

