

Intelligent, Interactive Therapy for Positional Obstructive Sleep Apnea and Snoring

Night Shift™ Sleep Positioner

What people are saying about Night Shift Therapy:

"I found the device to be life changing. I no longer woke up feeling unrefreshed or wanting to fall back asleep again."

"Night Shift has reduced my auto-CPAP pressure and led to less mask leakage because my required pressure is lower when I sleep laterally."

"Night Shift has made a big contribution to the improvement in my sleep patterns. Thank goodness the tennis ball days are over!"

Supplied by your authorised dealer:

Or contact BMedical Pty Ltd for your closest stockist
P: 1300 76 72 79 | E: sales@bmedical.com.au | www.bmedical.com.au



www.nightshifttherapy.com



Improving your health and
your bed partner's happiness

Who will benefit from Night Shift Therapy:

Night Shift is recommended for adult patients whose snoring is louder when back sleeping. Night Shift is also recommended for those patients who find CPAP, Provent, Theravent and Dental Splints more effective when not sleeping on their back.

How Night Shift works:

Worn on the back of the neck, Night Shift waits 15 minutes for you to fall asleep and then gently begins to vibrate each time you start to sleep on your back. The vibration slowly increases in intensity until you change positions. It also records position, movement, and sound so you can track its effectiveness. Night Shift is recharged using a standard USB wall charger.

Use the Internet-based Night Shift Report Portal to:

- Track how often you try to sleep on your back
- Assess how quickly you respond to Night Shift position therapy
- Determine if your snoring is limited to back-sleeping
- Monitor how efficiently you sleep and the frequency of subtle awakenings
- Evaluate the association between your loud snoring and sleep quality

Night Shift is proven to:

- Reduce positional Obstructive Sleep Apnoea and snoring
- Increase deep sleep and reduce awakenings and arousals
- Reduce symptoms of sleep Apnoea e.g., daytime sleepiness, depression, etc
- Prevent you from sleeping on your back
- May reduce CPAP pressure requirement
- Keeps you off your back to make Provent and Dental splints more effective

Sleep Quality Improvements

Reduced Loud Snoring **59%**

Less Light Sleep – Stage 1 **87%**

More Deep Sleep – Stage 2 **77%**

Resulting in less fragmented sleep **80%** Fewer Arousals

Reduced Awakenings **63%**

