

PHILIPS

Sleep positional therapy

For your patients with
positional obstructive sleep apnea

Philips NightBalance

We're on your side



Challenges and opportunities in treating positional OSA

Addressing challenges with many available therapies

Nonadherence is a barrier to both traditional obstructive sleep apnea (OSA) therapy and passive positional devices (tennis balls and other bulky devices worn on the back during sleep).



CPAP nonadherence ranges between

29%–83%

when nonadherence is defined as ≤ 4 hours of use per night.^{1,2}

An opportunity to optimize therapy

Targeted positional OSA therapy

Traditional sleep therapies used for OSA are also typically used to treat positional OSA, despite the availability of less invasive, validated treatments that effectively treat positional sleep apnea.

Data-driven results

Available therapies for positional OSA lack data feedback that allows for tracking treatment progress.

Take a closer look at positional OSA

Defining positional OSA

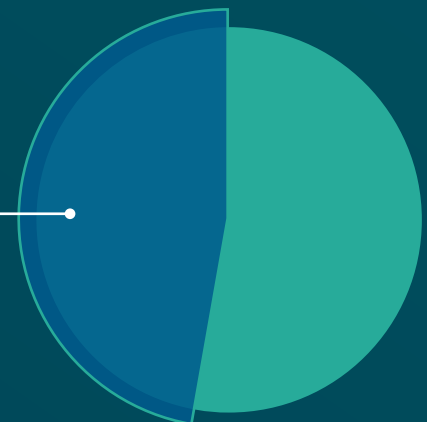
Cartwright criteria³

$AHI_{\text{supine}} \geq 2 \times AHI_{\text{non-supine}}$

Positional OSA occurs in nearly half of patients with OSA⁴

36%–47%

of patients met the criteria of exclusive positional OSA⁴

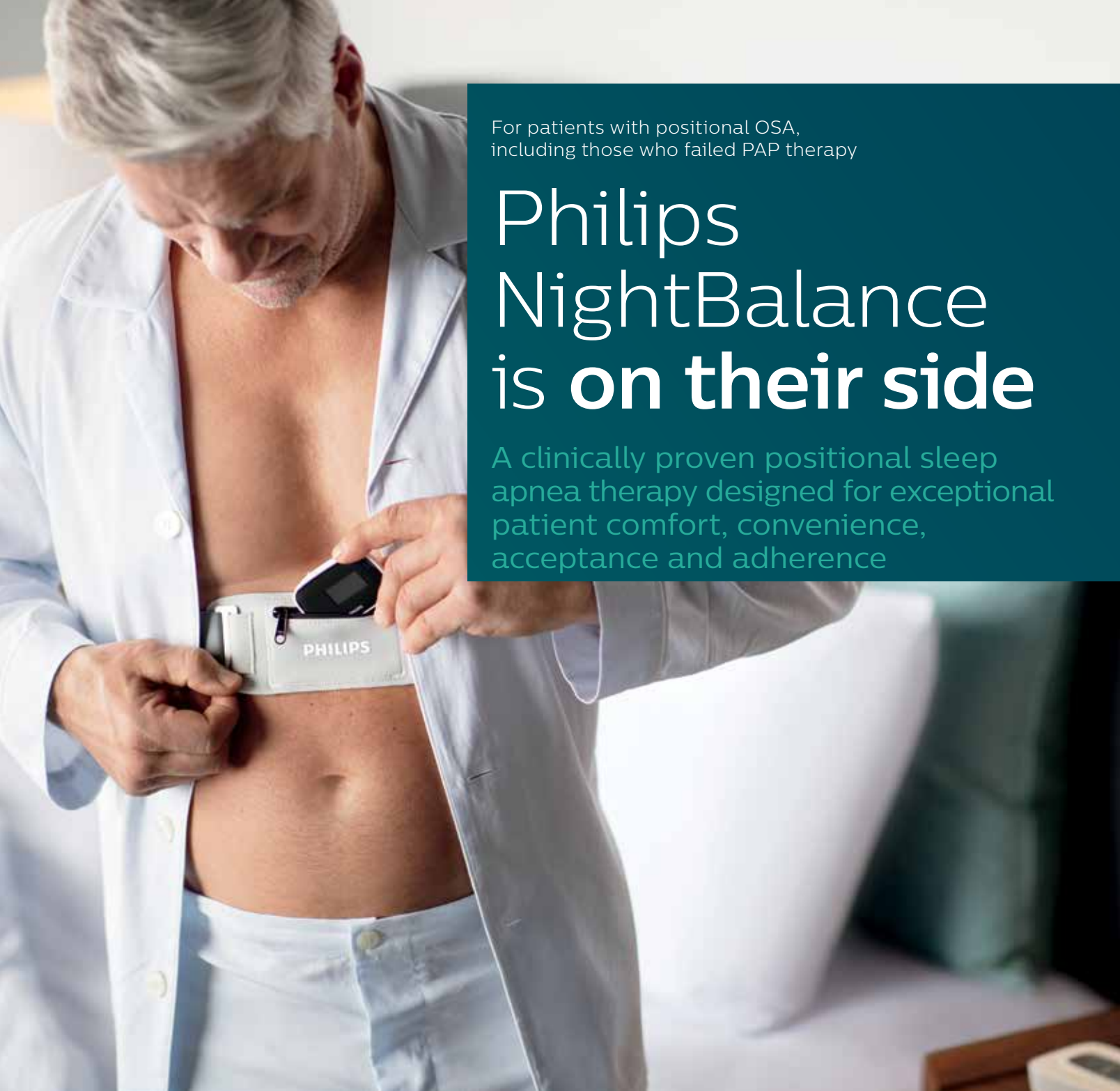


Patients with OSA

For patients with positional OSA,
including those who failed PAP therapy

Philips NightBalance is on their side

A clinically proven positional sleep
apnea therapy designed for exceptional
patient comfort, convenience,
acceptance and adherence



NightBalance sends gentle vibrations
that prompt patients to change sleeping
position without disturbing their sleep.^{5,6}





Your patients deserve NightBalance, a therapy that's **on their side**



Exceptional comfort

- Patients with positional OSA felt that mask-free NightBalance was more comfortable than PAP.⁷
- Patients are prompted to change their sleeping position without disturbing their sleep.

Easy adjustment

- A built-in adaptation program helps gradually adjust patients to wearing and being treated by the device.
- Patients with positional OSA felt that NightBalance was easier to adjust to than PAP therapy.⁷

More motivation

- The NightBalance mobile app is designed to make treatment progress easy to see.

>70% reported feeling less sleepy and more refreshed during the day⁸



In treating your patients with positional OSA

We're on your side, too



Proven efficacy

The AHI during PSG on the NightBalance was not importantly different from a clinical perspective to that on PAP therapy.⁷



Significantly greater adherence

Adherence with NightBalance was significantly higher than PAP in patients diagnosed with positional OSA.⁷



Data-driven results

Adherence and positional sleep data is accessible to you via a streaming, cloud-based system.

Visit www.philips.com/POSA or talk to a sales rep for more clinical information and resources.



Backed by clinical evidence

NightBalance is supported by years of clinical studies in patients with positional OSA.

Berry, Richard B. et al., NightBalance sleep position treatment device versus auto-adjusting positive airway pressure for treatment of positional obstructive sleep apnea, *Journal of Clinical Sleep Medicine*, Accepted Papers, 2/27/2019.

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References: 1. Sawyer et al. 2011, A Systematic Review of CPAP Adherence Across Age Groups: Clinical and Empiric Insights for Developing CPAP Adherence Interventions. 2. Weaver et al. 2008, Adherence to Continuous Positive Airway Pressure Therapy. 3. Cartwright criteria, *Effect of Sleep Position on Sleep Apnea Severity*, R. Cartwright, 1984. 4. Heinzer, R. et al, Prevalence and Characteristics of Positional Sleep Apnea in the HypnoLaus Population-based cohort, *Sleep Medicine* 2018; 48:157-162. 5. van Maanen et al. 2013, The sleep position trainer: a new treatment for positional obstructive sleep apnoea. 6. Eijsvogel et al. 2015, Sleep Position Trainer versus Tennis Ball Technique in Positional Obstructive Sleep Apnea Syndrome. 7. Berry RB, et al, NightBalance Sleep Position Treatment Device versus Auto-adjusting Positive Airway Pressure for Treatment of Positional Obstructive Sleep Apnea, *Journal of Clinical Sleep Medicine*, Accepted Papers, 2/27/2019. 8. Dutch Apnea Society (Apneuvereniging) survey based on 75 NightBalance users for an average of 2.2 years; 2017.

Caution: Federal law restricts this device to sale by or on the order of a physician.

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