



Adjust to your therapy

NightBalance uses an Adaptation Program to let you gradually adjust to therapy.

For the first 2 nights, the device monitors your sleeping behaviour with no therapy.

During nights 3-9, vibrations are gradually introduced over time to allow you to acclimate to the new sleep position therapy.

On day 10 and forward, full treatment is delivered when therapy is needed – helping to reduce the time spent sleeping on your back.²

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Philips NightBalance is available from leading sleep therapy providers nationwide.

Visit philips.com.au/nightbalance for locations.

References: 1. Dutch Apnea Society (Apneuvereniging) survey based on 75 NightBalance users for an average of 2.2 years; 2017. 2. de Ruiter, M. et al, Durability of treatment effects of the sleep position trainer versus oral appliance therapy in positional OSA: a 12-month follow-up of a randomized controlled trial, *Sleep and Breathing* 2018;22:441-450. 3. Berry et al. NightBalance Sleep Position Treatment Device Versus Auto-Adjusting Positive Airway Pressure for Treatment of Positional Obstructive Sleep Apnea. *J Clin Sleep Med.* 2019 Jul 15;15(7):947-956.



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Philips Sleep and Respiratory Care
65 Epping Road
North Ryde, NSW, 2113
Australia

www.philips.com.au/nightbalance
Telephone: 1800 830 517 (toll-free)

PHILIPS

Sleep position therapy

Philips NightBalance We're on your side



Introducing Philips NightBalance

Sleep position therapy



You know how much better you feel when you get a good night's sleep.

NightBalance is:

- **Easy to adjust to** thanks to an adaptation program.
- **Designed to go anywhere** with a convenient travel case.
- **Mobile friendly** with an easy-to-use app that tracks your progress.
- **Comfortable to wear.**

When it comes to getting a good night's rest, we're on your side.

NightBalance: a closer look

NightBalance is compact, simple to set up, easy to use and comfortable to wear. The palm-sized device is worn comfortably across your chest in a soft, adjustable strap. It continuously monitors your position, prompting you to move to your side, and automatically adjusts the intensity of its vibrations to give you the therapy you need.



For more information, please visit philips.com.au/nightbalance

Sleep mask free. Wake up rested.

Studies show that using NightBalance significantly reduces breathing disturbances during the night, so you wake up with more energy.³ In fact, **over 70% of adults using NightBalance reported feeling more refreshed during the day.**¹



Comfortable to wear. The palm-sized device is worn across the chest with a soft, adjustable strap.



Easy to adjust to. You can gradually adjust to the NightBalance vibrations over a nine-night period with the unique adaptation program.



Tracks your progress. The mobile app makes it easy to see how your treatment is progressing (and your doctor gets updated information, too).