

# Night Shift Sleep



Worn on the Back of the neck the Night Shift waits 15 minutes for you to gently fall asleep and then gently starts to vibrate each time you turn to sleep on your back. The vibration will slowly increase in intensity until you turn of your back. The device also records movements, snoring and body position so you can track its effectiveness. The device can be charged via a USB port every 3 days to maintain full effectiveness.

The Night Shift is able to be downloaded to the Night Shift Portal. It will track how often you try to sleep upon your back. The report allows you to assess if your snoring is limited to back sleeping or varies from night to night. The download also will evaluate the association between loud snoring and quality of sleep.

Night Shift has been clinically proven to

1. Reduce positional Obstructive sleep apnea and snoring.
2. Increase deep sleep and reduce awakenings and arousals.
3. Reduce symptoms associated with sleep apnea

What people say about the device

“I found the device to be life changing. I no longer wake up unrefreshed and wanting to fall back to sleep again”

“Night Shift has reduced my Auto APAP pressure and led to less mask leakage as my overall pressures are lower”

Night Shift made a big contribution to the improvement in my sleep patterns. Thank god the Tennis ball days are over”