

A photograph of an elderly woman with white curly hair, smiling and looking towards the right. She is lying in a hospital bed with a wooden headboard. She is wearing a white hospital gown. A grey Philips Lunoa device is attached to her abdomen. The device has the word 'LUNOA' printed on it. In the background, there are stacks of papers and a light blue curtain. The overall scene is bright and clinical.

**PHILIPS**

Sleep position therapy

Position your POSA  
patients to succeed with  
**NightBalance  
Lunoa**

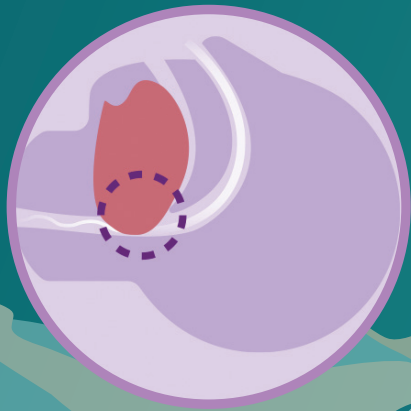
# Your patients deserve a therapy designed specifically for them

## Understanding Positional Obstructive Sleep Apnea (POSA)

POSA is a specific diagnosis, in which the vast majority of apneic events occur during supine sleep. POSA is diagnosed from any sleep study in which body position is measured.

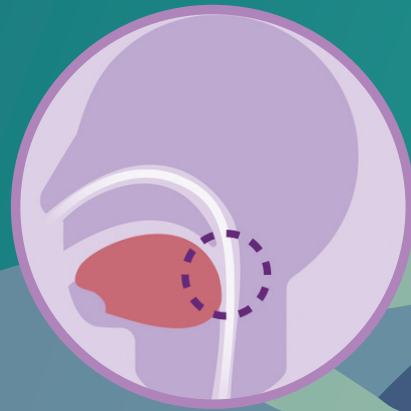
### Cartwright<sup>1</sup> criteria for POSA:

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



#### Supine sleeping

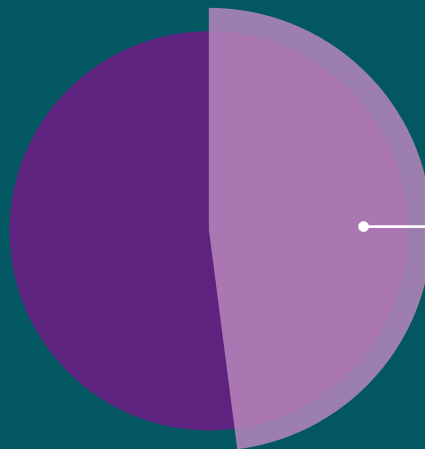
Breathing is obstructed



#### Side sleeping

Breathing is clear

A recent study by Heinzer et al. (2018) demonstrates that **ePOSA was present in 36%–47% of OSA subjects<sup>2</sup>**



**36%–47%**

of OSA patients have ePOSA\*

**It's time to start looking at POSA more closely.**

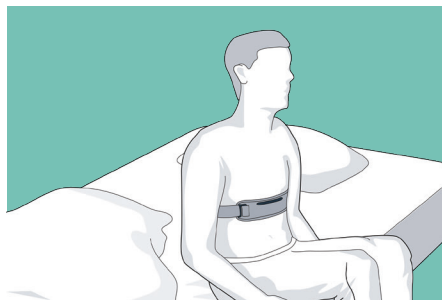
\* ePOSA is defined as a supine AHI that is at least twice as high as the non-supine AHI and a non-supine AHI of <10.



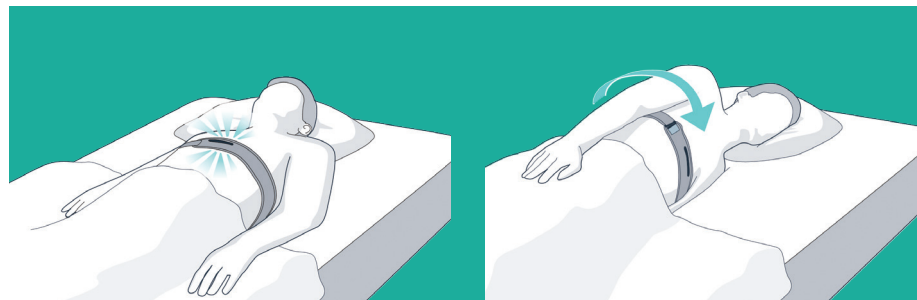
## Remarkable results with **NightBalance LunaOa**

A new sleep therapy option, with proven results,  
designed to increase patient comfort

### Comfortable sleep therapy



Patient can fall asleep in  
any position



NightBalance LunaOa detects when the patient is on their back  
and sends gentle vibrations to prompt the patient to change  
sleeping position, without disturbing sleep

### Effective at reducing long-term AHI in patients with POSA<sup>3,4</sup>

**73%**

of adults using the  
NightBalance LunaOa  
therapy reported  
**a long-term  
improvement in the  
three most reported  
POSA symptoms<sup>5</sup>**

**70%**

of adults using  
the NightBalance  
LunaOa therapy  
reported **feeling  
less sleepy  
during the day<sup>5</sup>**

**72%**

of adults using  
the NightBalance  
LunaOa therapy  
reported **feeling  
less fatigue during  
the day<sup>5</sup>**

**73%**

of adults using  
the NightBalance  
LunaOa therapy  
reported **feeling  
more refreshed  
during the day<sup>5</sup>**

**68%**

of adults using  
the NightBalance  
SPT **demonstrate  
high adherence<sup>4</sup>**

# Designed with patients in mind

## Adaptive

- Continuously monitors sleep positions and adjusts vibration intensity to meet the patient's therapeutic needs
- Delays therapy for 15 minutes after switching ON, so the patient can comfortably fall asleep in any position
- Adaptation program helps patients gradually adjust to the sensor device's vibrations, over a 9-night period
- Activates Pause Mode for 5 minutes if the patient gets up during the night
- Prompts patients to change their sleeping position without disturbing their sleep<sup>6</sup>

## Easy to use

- LED display and two-button navigation give patients easy access to their sleep position data
- User-friendly interface enables patients to follow their progress and stay motivated with therapy
- Travel case makes it easy to store and transport device components
- Adults using NightBalance Lunoa demonstrate high adherence<sup>4</sup>

## Connected

- Secure online Patient Portal constantly monitors and records the patient's sleep position, movement, and treatment duration
- Recharging and docking station enables wireless data transfer to the Portal
- Portal data can be shared with specified providers at the patient's discretion



See how you can position your POSA patients for success with NightBalance Lunoa. Talk to your sales rep or visit our website today.

[www.philips.com/professional/nightbalance-lunoa](http://www.philips.com/professional/nightbalance-lunoa)

**References:** 1. Cartwright, R.D. et al, Effect of Sleep Position on Sleep Apnea Severity, *Sleep* 1984; 7(2): 110 – 114. 2. Heinzer, R. et al, Prevalence and Characteristics of Positional Sleep Apnea in the HypnoLaus Population-based cohort, *Sleep Medicine* 2018; 48:157-162. 3. Ravesloot, M. et al, Comparison of Positional Therapy to CPAP in Patients with Positional Obstructive Sleep Apnea, *Journal of Clinical Sleep Medicine*, 2010, June 15, 6(3): 238-243. 4. de Ruiter, M. et al, Durability of treatment effects of the sleep position trainer versus oral appliance therapy in positional OSA. 12-month follow-up of a randomized controlled trial, *Sleep and Breathing* 2018; 22: 441-450. 5. NightBalance OSA Symptoms Survey: Reimbursement Dossier Netherlands. 6. Eijsvogel, M. et al et al, Sleep Position Trainer versus Tennis Ball Technique in Positional Obstructive Sleep Apnea Syndrome, *Journal of Clinical Sleep Medicine* 2015, 11(2): 139-147.

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

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