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\(^1\) criteria for POSA:

\[
\text{AHI}_{\text{supine}} \geq 2 \times \text{AHI}_{\text{non-supine}}
\]

A recent study by Heinzer et al. (2018) demonstrates that ePOSA was present in 36%–47% of OSA subjects\(^2\)

36%–47% of OSA patients have ePOSA\(^*\)

\[^*\text{ePOSA is defined as a supine AHI that is at least twice as high as the non-supine AHI and a non-supine AHI of <10.}\]

It’s time to start looking at POSA more closely.
A new sleep therapy option, with proven results, designed to increase patient comfort.

Remarkable results with NightBalance Lunoa

Comfortable sleep therapy

- Patient can fall asleep in any position
- NightBalance Lunoa 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\textsuperscript{3,4}

<table>
<thead>
<tr>
<th>%</th>
<th>Adults Using NightBalance Lunoa Therapy</th>
<th>Report</th>
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<tr>
<td>73</td>
<td>Long-term improvement in the three most reported POSA symptoms\textsuperscript{5}</td>
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<tr>
<td>70</td>
<td>Feeling less sleepy during the day\textsuperscript{5}</td>
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<td>72</td>
<td>Feeling less fatigued during the day\textsuperscript{5}</td>
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<td>Feeling more refreshed during the day\textsuperscript{5}</td>
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<tr>
<td>68</td>
<td>High adherence\textsuperscript{4}</td>
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\textsuperscript{3} Performing Lunoa therapy as part of a POSA treatment plan
\textsuperscript{4} Long-term adherence (≥6 months)
\textsuperscript{5} All results are based on self-reported responses from adult POSA patients using NightBalance Lunoa therapy
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

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

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