

## How to get ready for your Personalized Activation

This quick reference guide will cover some basics to prepare you for your upcoming session.

### 1 Fully charge your Nidra bands

The green LED indicates a full charge.



### 2 Wear therapy-ready clothing

Wear clothing that will allow easy access to the skin below your knees.



### 3 Bring your Nidra therapy kit

Your Certified Nidra Specialist will go over all of the components with you.



## What to expect during the session

In this 1-hour session our ultimate goal is to **find your therapy setting**: the highest level that you can comfortably sleep with. This is the level that will be most effective for relieving RLS symptoms. During the session, you will also learn how to correctly position and operate the Nidra bands.



## Finding your therapy levels

To find your ideal therapy setting, your Certified Nidra Specialist will explore a range of levels and work with you to find the one that feels best.

**Don't worry** - we walk you through each step of the process and answer any questions you have along the way.



### Weakest

You start to feel something



### Your Setting

Highest level you can comfortably sleep with



### Strongest

Highest intensity you can achieve

## Personalized Activation FAQ

### Why is the Personalized Activation required?

Each person is unique and experiences RLS symptoms differently. The Personalized Activation session customizes your therapy settings to your specific symptoms. During the session, your therapy levels will be established (based on your feedback) and programmed into your device. This helps maximize the amount of relief you achieve to help you sleep better.

### How long do I need to charge the bands?

On average, it takes about 1 hour to charge the bands enough for a full 30 minute therapy session. Most patients should be able to

complete 2 sessions with a full charge, but those consistently using their device at higher therapy levels may only be able to complete 1 session per full charge.

### What does Nidra feel like during a therapy session?

Patients report different sensations when experiencing TOMAC therapy with their Nidra bands. Some describe it as a tingling sensation.

For a complete list of FAQs along with other valuable resources, please visit [NidraRLS.com/support](https://NidraRLS.com/support). You can also ask your Certified Nidra Specialist any questions during your session!

## IMPORTANT SAFETY INFORMATION

### Contraindications

The NTX100 TOMAC System is contraindicated for use in patients with the following:

- Diagnosis of epilepsy or other seizure disorder.
- Active medical device implant anywhere in the body, including but not limited to pacemakers, spinal cord stimulators, deep brain stimulators.
- Metal implant in the leg at the therapy site (not including knee replacements).
- Known allergy to device materials (or severe previous reaction to medical adhesives or bandages)
- Cellulitis, open sores, or injury at or near the location of therapy device application.

The device cannot be used while driving, operating machinery, or during any activity in which electrical stimulation can put the patient at risk of injury.

### Potential Complications

There is a potential for the following side effects, which are typically mild to moderate and resolve over time:

- Mild skin irritation from use of adhesives.
- Temporary interference with sleep while wearing the device. For some people, the device may be uncomfortable.
- For others, the device may interfere with preferred sleep positions, thus interfering with sleep during usage.
- Proper use of the device as described in the Instructions for Use (IFU) can help reduce or prevent the following complications: Discomfort, paresthesia (tingling or prickling sensation), or otherwise irritating or uncomfortable sensations during treatment. This risk is reduced by adjusting the stimulation intensity.

For additional information, please see the full Instructions for Use.

## INDICATION

The NTX100 Tonic Motor Activation (TOMAC) System is intended to reduce symptoms of primary moderate-severe Restless Legs Syndrome and to improve sleep quality in adults refractory to medications.

**Rx Only.** Caution: Federal law restricts this device to sale by or on the order of a medical professional.