

## Nidra Basics

Nidra is a wearable device that uses a novel technology to activate your nerves, providing the same relief that you would experience with voluntary movement without causing the legs to move or twitch.

This guide is designed to help you understand the basics of your Nidra device and therapy. For additional support, please visit [NidraRLS.com/patient-support](https://NidraRLS.com/patient-support) or contact your dedicated Therapy Support Specialist.

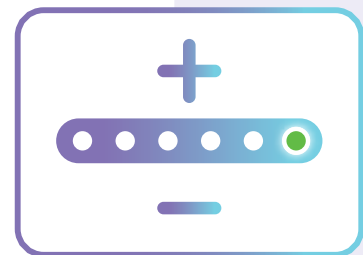
## How to start therapy

### Press and hold the "+" button

At the onset of symptoms, **press and hold the "+" button for 3 seconds.**

**After 20 seconds**, the device will start at therapy level 1.

If you wish to use your personalized level of intensity, **tap the "+" button 2 more times to increase to level 3.**



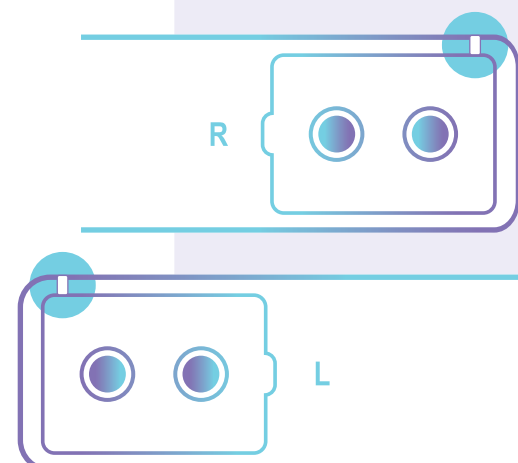
## Getting to know your Nidra bands

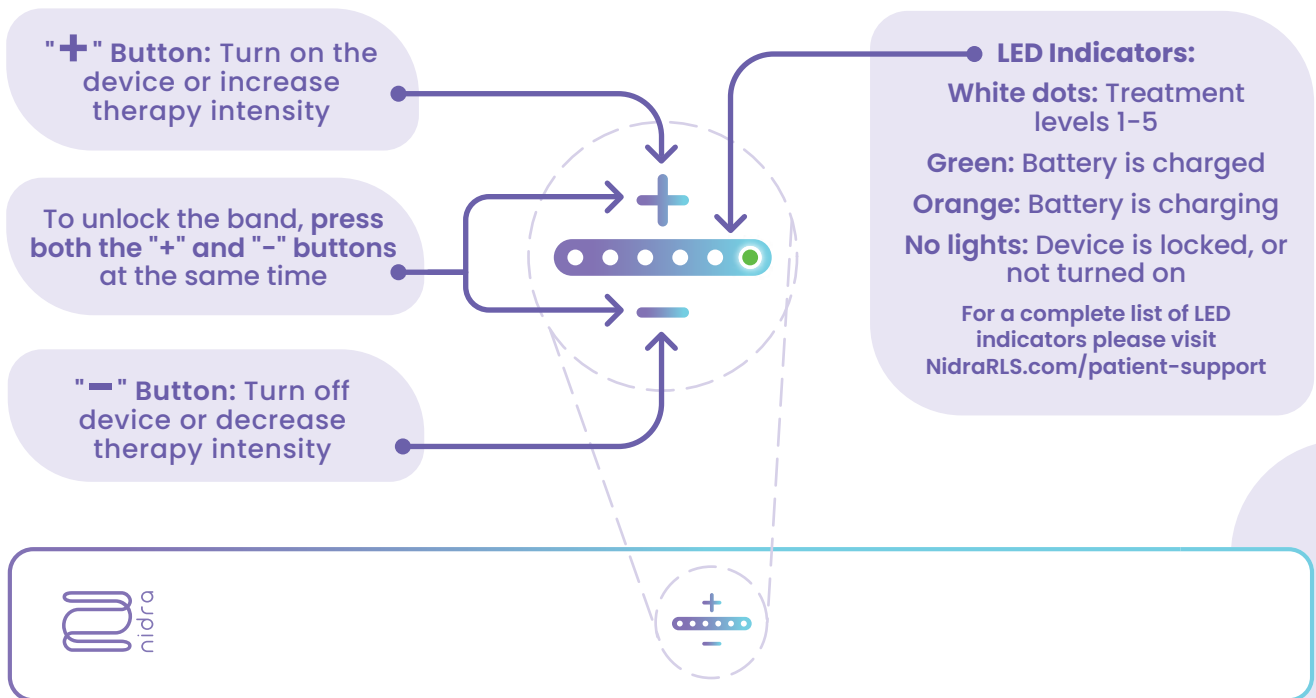
### Left and Right

There are 2 bands included in your kit, each specifically designed for use on each leg. **Look for the "R" for right and the "L" for left** to know which leg to use your bands on.

### Placement Marker

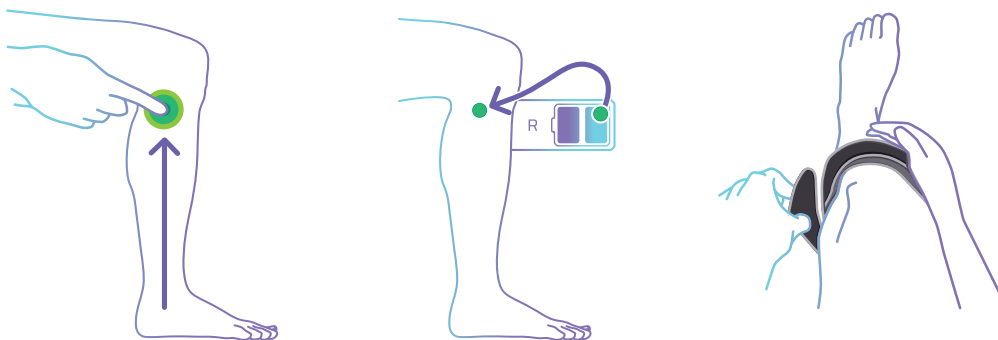
**Each band has a white marker to help with proper placement.** For best results, this marker should be placed over the treatment target (the bony landmark on the outside of your knee).





## Nidra Placement

For detailed steps to find the treatment target site and place the device, please reference Chapter 5 of your Patient Manual.



**Find the bony landmark on the outside of your knee.** Your Certified Nidra Specialist can help you identify this. **A good practice is to first find your ankle and then move your finger directly upwards along the outside of your leg until you reach the next bony landmark.** If you're still having trouble finding it, try rotating your foot from side to side while looking for the bone to be more prominent.

After applying the CDI patches to your bands, **line up the white marker on the band with the bone you've just found.** Apply firm pressure and secure the band around your leg.

## Nidra FAQs

**When should I activate the bands for best results?**

For best results, activate the Nidra bands after RLS symptoms appear but before they become severe. You can safely wear the bands to bed and easily activate if symptoms appear in the middle of the night. If you are not experiencing RLS symptoms, do not use your Nidra bands.

**If I only experience symptoms in one leg, do I only wear one Nidra band?**

No. For the most effective therapy, wear the bands on both legs during therapy. Nidra has not been tested for use in only one leg. If use on both legs isn't feasible, speak with your Therapy Support Specialist for further guidance.

**I get RLS symptoms in the middle of the day. Can I still use therapy then?**

Yes, you can use Nidra at any time throughout the day when symptoms are present.

**How long do the Nidra patches last?**

Each Charge Dispersing Interface (CDI) patch is intended to last 7 days after the packet is opened. After 7 days, discard the used CDI and replace with a new one before you begin the next therapy session.

**For additional information and support visit:**

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