

# Getting started with Nidra<sup>®</sup> is easy!

- 1 Review your Nidra Patient Manual, Welcome Email, and support materials on our website to get ready for your Personalized Activation session. You will be contacted soon to schedule your session.



- 2 Attend your Personalized Activation session to customize your Nidra bands and learn the basics of Nidra therapy.

- 3 After completing your session, turn on your bands at the onset of symptoms to experience RLS symptom relief!



**Important note:** Do not attempt to start therapy until you complete your Personalized Activation. Please refer to your Patient Manual for more detailed information on getting started.

# Your Nidra Therapy Support Resources

- **Your Therapy Support Specialist**

This is your dedicated support contact at Noctrix. They will help guide you through Nidra therapy and answer any questions. Their contact information can be found in your Welcome Email.

- **Nidra Support Website: [NidraRLS.com/patient-support](https://NidraRLS.com/patient-support)**

This website provides helpful Nidra support materials including video tutorials and helpful FAQs.

- **[Support@NoctrixHealth.com](mailto:Support@NoctrixHealth.com) / 1(866) EASE-RLS**

Questions about getting started? Contact your Therapy Support Specialist or reach us using the contact information above.



Scan here to go directly to  
[NidraRLS.com/patient-support](https://NidraRLS.com/patient-support)