

Nidra Basics

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

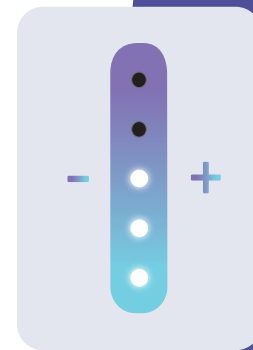
This guide is designed to help you understand the basics of your Nidra device and therapy. For additional support, please visit NidraRLS.com/patient-support or contact your dedicated **Therapy Support Specialist**.

Important: Only turn on your Nidra devices when they are positioned over the treatment target. Do not turn them on prior to placement or remove them while therapy is active.

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 treatment level 3 (your ideal treatment level).
- If you wish to **increase the intensity**, click the (+) button. If you wish to **decrease the intensity**, click the (-) button.



Getting to know your Nidra bands

Left and Right

- After inserting the e-module into the CCG, **click the (+) button and view the L/R indicator** on the underside of the Therapy Unit. This will indicate which leg to use your device on.

Placement Marker

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

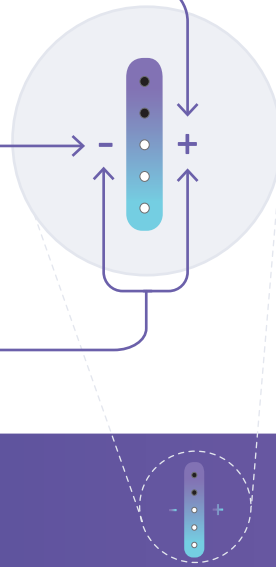


Button Overview

"+" Button: Turn on the device, increase intensity, or view the L/R indicator

"-" Button: Turn off the device or decrease intensity

To unlock the Therapy Unit, click both the "+" and "-" buttons at the same time



LED Indicators:

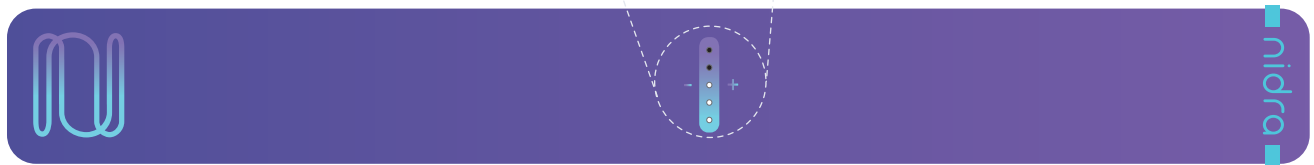
White dots: Treatment levels 1-5

Green: Battery is charged

Orange: Battery is charging

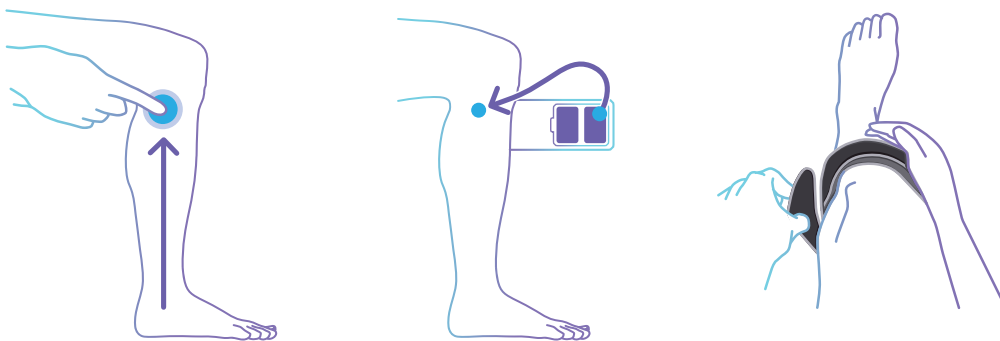
No lights: Device is locked, or not turned on

For a complete Nidra tutorial video, please visit NidraRLS.com/patient-support



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 top white marker on the band with the top of the bone you've just found.** Apply firm pressure and secure the band around your leg.

Nidra FAQs

When should I activate the device for best results?

→ For best results, activate the Nidra device after RLS symptoms appear but before they become severe. You can safely wear the devices 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 Therapy Units.

If I only experience symptoms in one leg, do I only wear one Nidra Therapy Unit?

→ No. For the most effective therapy, wear the Therapy Units 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:

NidraRLS.com/patient-support or contact your Therapy Support Specialist