



NIGHTWARE

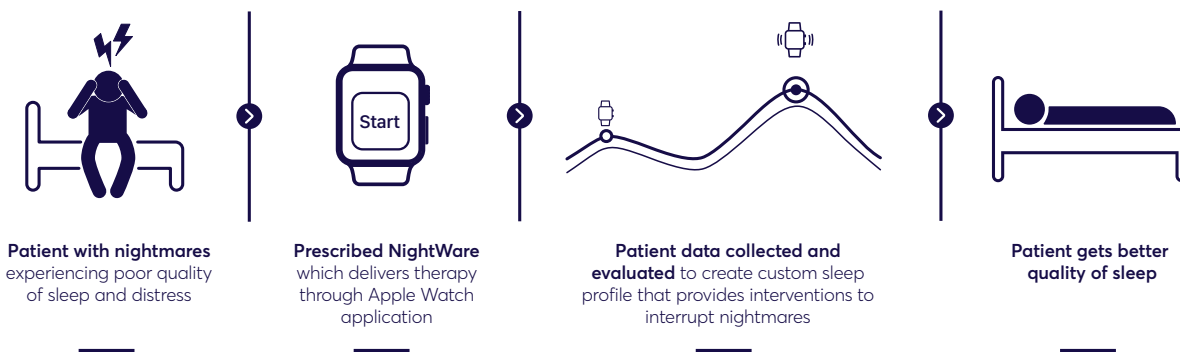
TAKE SLEEP BACK. MOVE LIFE FORWARD.

Your sleep doesn't have to be disrupted by nightmares that impact your life. NightWare can help.

NightWare is a breakthrough device that is designed to treat nightmares associated with PTSD/PTS* and trauma.

HOW DOES NIGHTWARE WORK?

- The user wears the prescribed Apple Watch® while sleeping, which includes a companion phone.
- Uses proprietary technology to create a custom sleep profile, which calculates the users "stress index†".
- The Apple Watch sensors detect signals consistent with nightmares during sleep.
- NightWare delivers individualized treatment via vibration to interrupt nightmares without waking the user.
- NightWare was clinically tested among veterans. Clinical trials are ongoing.



* For many Veterans, the use of the word "Disorder" serves as a barrier to receiving care. They believe that the symptoms associated with the trauma they experienced are not a "Disorder." For the purpose of supporting the needs of all Veterans, Nightware recognizes that many use PTS instead of PTSD.

† Stress Index is a device-specific measurement and does not represent a clinically validated measure of stress.

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"I was headed for a catastrophic collision."



Robert Guithues, U.S. Army (Retired)
Combat Tours: Iraq and Afghanistan
NightWare user since 2014*

"For 3 months I wasn't sleeping due to nightmares and I was dealing with the pain of a spinal injury. Due to the sleep deprivation and the physical pain I was out of it. There were times I couldn't remember the details of my 30 minute drive to work. I became hypervigilant - sleeping with my weapon nearby because I had lost mental clarity. I knew I needed help. I didn't like who I had become. I'm glad I was able to find NightWare. It has been a godsend."

BENEFITS OF NIGHTWARE

- Can be used in combination with other therapies
- Safe, effective treatment tailored to you
- Works in a few days or weeks and does not require frequent follow-up visits

HOW DO I GET NIGHTWARE?

NightWare is available by prescription only — it is not an app available for download. NightWare is only available by speaking to your doctor about the therapy, and if it is right for you. Currently, we are advocating for its coverage so veterans and service members can gain access.

HERE'S WHAT YOU CAN DO TODAY:



Share this brochure with your physician to build awareness among medical professionals. Encourage them to email Info@NightWare.com with their questions.



Take a brief, anonymous survey to help payers understand the needs of service members and veterans who experience nightmares. **Go to: www.NightWare.com to take the survey.** Share the survey with your peers. Your experience helps build urgency for access.



Sign-up to receive our e-newsletter and stay connected. Please send your contact information to Info@NightWare.com.

*Participant in clinical trial.

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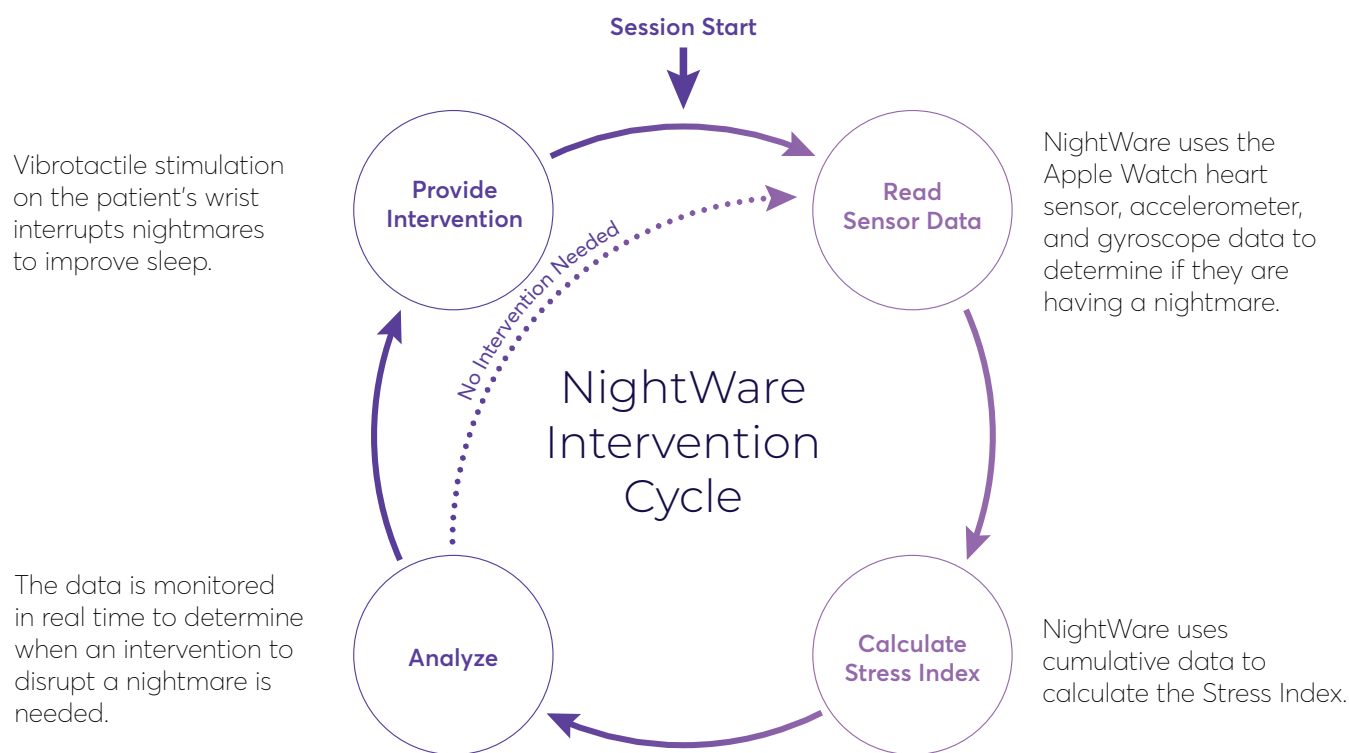
INFORMATION FOR PHYSICIANS



NIGHTWARE

NightWare is a FDA-cleared device indicated for the temporary reduction of sleep disturbance related to nightmares in adults 22 years or older who suffer from nightmare disorder or have nightmares from posttraumatic stress disorder (PTSD/PTS*). In Randomized Clinical Trials (RCT) conducted with U.S. veteran participants, NightWare showed clinically meaningful improvement on the Pittsburgh Sleep Quality Index (PSQI),[^] which measures sleep quality. NightWare should be used in conjunction with other treatments for PTSD. The primary measure of relative efficacy was the difference in mean PSQI change between NightWare and sham arms. The difference observed between the active and sham groups was 1 point.

HOW NIGHTWARE WORKS



NightWare requires a prescription by a medical professional. For questions about prescribing NightWare, email us at: Info@NightWare.com.



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[^]While there was a 3.2 range in the PSQI for NightWare and the Sham was 2.2, there was no statistical significance between the two. The PSQI-A was also not statistically significant.

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INTENDED USE/INDICATION FOR USE

The NightWare digital therapeutic is indicated to provide vibrotactile feedback on an Apple Watch based on an analysis of heart rate and motion during sleep for the temporary reduction of sleep disturbance related to nightmares in adults 22 years or older who suffer from nightmare disorder or have nightmares from post-traumatic stress disorder (PTSD). It is intended for home use.

CONTRAINDICATIONS

If you have acted out your nightmares (i.e. sleepwalking, violence) do not use NightWare and contact your Healthcare Provider.

WARNINGS

- If daytime sleepiness occurs, contact your Healthcare Provider.
- If you feel drowsy, do not drive or operate heavy machinery. Contact your health care provider.
- If the watch vibration causes awakenings not associated with nightmares, please contact your Healthcare Provider.
- If nightmares persist, worsen, or recur, contact your Healthcare Provider.
- If skin irritation occurs, discontinue use of the watch and contact your Healthcare Provider.
- Your watch may disturb your bedpartner. Try not to expose your bedpartner to the watch at night.
- Do not wear the watch too tightly, it should feel comfortable and snug, not tight on your wrist.

- Wear the watch only when you are planning to go to sleep; do not wear it while reading or watching TV in bed as this may trigger false alerts.
- Use the NightWare watch every night.
- Not intended for use by individuals under age 22.
- The long term safety and effectiveness of the NightWare device has not been established.

PRECAUTIONS

- Caution: Federal law restricts this device to sale by or on the order of a Healthcare provider.
- NightWare is intended to be used under the supervision of a Healthcare Provider.
- Do not drop or crush the smartphone or watch.
- Be sure to charge the smartphone and watch every day.

REFERENCES

1. NightWare. (2020). Patient User Guide. Hopkins, MN. NightWare.



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